Chichester Herald

Friday 9 August 2013
YOUR FREE WEEKLY NEWSPAPER

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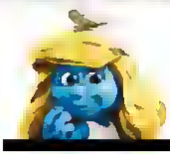

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Celebs turn out at Goodwood

>> *Owen gets first major win whilst Zara gives bump public debut*

Suzanne Rust
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

GOODWOOD's gathering got to see Zara Phillips debuting her royal baby bump at her first social appearance since announcing her happy news last month.

The daughter of Princess Anne showed off her gorgeous new figure at last week's Glorious Goodwood 2013 annual Ladies Day and while her husband Mike Tindall was noticeably absent, Zara took every opportunity to make the most of her day out in the sunshine, spending time with friends who excitedly stroked her growing bump.

Zara looked a picture of health and happiness in her canary yellow structured dress. She teamed her bright outfit with a black leather Mulberry clutch bag, nude patent heels, and tied her hair back into a neat, low bun underneath a chic black pill box hat.

The Olympic equestrian announced she was expecting her first child with Mike Tindall in an official statement on 8 July. The royal baby is expected to arrive in early 2014.

Ladies day at Glorious Goodwood is renowned as the most exclusive and stylish racing event of the summer. This year it played host to the hotly anticipated all female Magnolia Cup Celebrity Charity Race where jewellery designer, Philippa Holland took the win for the second year running. With female jockeys – including BBC South Today weather Presenter Alexis Green and Lucy Herman (wife of Tim) - decked out in bespoke silks created by renowned fashion designers including Vivienne Westwood, Jasmine Guinness, Frost French, and Katie Grand, the Magnolia Cup race raised thousands for the charities, The Haven and Best Beginnings.

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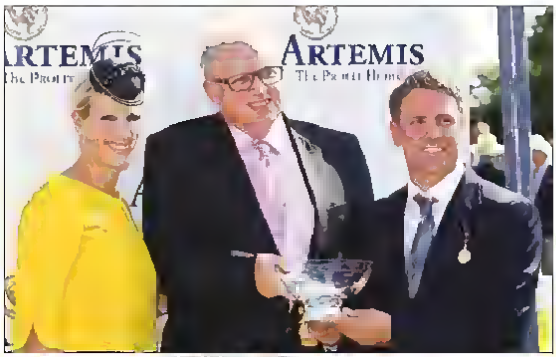

Zara Philips presents Michael Owen [illegible]

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Local News

Continued from page 1

Zara wasn t the only star to turn out during the week, with the likes of actor Bill Nighy and actress Anna Friel also making an appearance among others.

It was a week when Goodwood lived up to it's name 'Glorious' with only one day being spoilt by the weather.

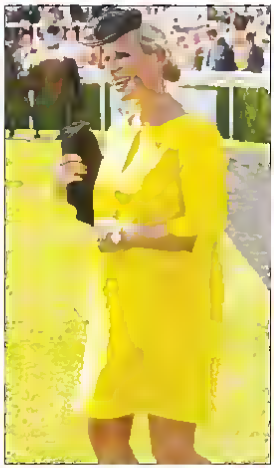
But Goodwood Racecourse's managing director, Adam Waterworth, was more than delighted with the five day event.

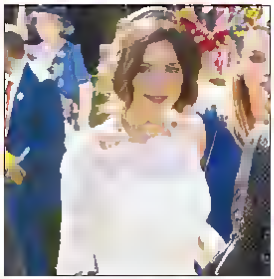
"The week was superb, crowds were up on the hole apart from Tuesday which can only be put down to the weather," he said. "The Duel of the Downs 2 lived up to all hype and expectations and it was nice to see the Hannons get on top over Dawn Approach this time. Ladies Day was a record crowd and the sun shone, the Ladies Race has once again raised over £60k for Best Beginning and The Haven and created some superb coverage. All in all the week was a huge success and I cannot wait to build on it for 2014." Former England star Michael Owen grabbed his most prestigious victory in racing on his first visit to Glorious Goodwood when Brown Panther pulled off a decisive three and a half length win in the Goodwood Cup.

The former Liverpool and Manchester United striker is now dreaming of an ambitious tilt at the £3 5million Melbourne Cup in November with the colt he bred and part-owns.

Owen retired at the end of last season. Pre-season training and tours had previously prevented Owen attending the midsummer racing Festival at Goodwood.

He said: "This is totally different feeling to football when I always felt in control. I wasn't too nervous until about furlong from the end when I thought he had a chance. There is always jumping around. I celebrate more than when I scored a goal."





Zara Phillips show off her Lucie Tindle mini [illegible] Sir [illegible] Ellis Beato (bottom left) and Princess Anne Friel Lutrum left) up the fashion stakes

Chichester's Tom Odell to play with Elton John

A POP STAR from Chichester is set to support Elton John at an upcoming gig.

Chichester born Tom Odell will be supporting the Rocket Man singer at this year's iTunes Festival at The Roundhouse in London on September 12.

The 22-year-old performer was forced to pull out of a support slot to the Rolling Stones earlier this summer because of a chest infection.

Odell s debut album, Long Way Down, was released on 24 June 2013 and reached No. 1 in the UK Official Chart.

Earlier this year, his single 'Another Love' was used by the BBC to advertise their 2013 schedule and was also named the BRITs' Critics' Choice Award winner, previously won by artists including Adele and Florence and the Machine, and was interviewed alongside previous winner Emeli Sande during the television ceremony in February 2013.

Odell will release his new single Grow Old With Me on September 9.

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Goodwood motor circuit [illegible] claimed the life of McLaren-founder Bruce McLaren in a testing accident [illegible] the 2nd June, 1970. The accident happened [illegible] the Lavant Straight.

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@SelmaSound
“Great evening at the @TheBellelsle in Chichester with great people! Loved it! @JohnnyErtl @east_danny_ @ vtheplacetobe”

@DMHardc
“Just outside Chichester there's a lot of creepy in one place”

@LSCartledge
“Brilliant lunchbreak read courstesy of the @FlourVonSponge blog post Great view on what #Chichester should/could be”

@newwritingsouth
“Are you a playwright? Would you like to be? Aged 16-25? If so, Chichester Young Playwrights is for you!”

@MountviewLDN
“Great review for @Jack_north90 in today's @TheStage – go and catch him in Barnum at Chichester Festival”

Follow us: @chiherald

Why are people so horrible to each other?

Tommy Boyd

BRIGHTEST LIGHT IN THE STREET

We've had the streetlamps in our road replaced with ones that direct the light down onto the ground This may sound like nothing, but it means I am not having to tuck the curtains hard into the bedroom window sill to avoid ambient light keeping me awake Plus it means my wife can no longer jokingly be described as not the brightest light in the street

MUSIC IN CHICHESTER

I've never fathomed what our natural music bent is Brighton is Indie Portsmouth is Urban Guildford is Iver Novello We're not Rock and Roll or R and B We're not Classical either and definitely not Folk I think a lot of Chichestertes say their spouses like Michael Buble when actually they are ashamed to admit he is in their car CD player I think Chichester is closet Country and Western.

GIBRALTAR

We should be eager to hand Gibraltar back and get the tax revenue from all the British bookies who have based themselves in Gib Come to think of it, how does tax avoidance happen in countries that never had an Empire!

HARDWORKING FAMILES

I haven't heard any interview given by G deon Osborne for the last 2 years in which he didn't mention 'hardworking familes' In the first reply no matter the question Are we that stupid that we think 'He's right the future 18th Baronet of Ballentaylor and owner of an estimated £4m fortune thanks to the gift of a 15% stake in his family wallpaper business he understands hard work."

HARD WORK

What is hard about hard work is not so much the hours or the effort Hard work is when you feel the fear that you may fail because someone in power has messed the economy or incompetent managers have doomed your job And because of their diffidence your family is under threat That's hard work Mr 18th Baronet Being unemployed or on a zero hours contract where you don't get called in for days on end is very very hard work

SCHOOL SUMHER HOLIDAYS

Take the school summer holidays The country would collapse if it weren't for grandparents Go to any playground park or beach Almost every family is grandchildren and grandparents helping out as both parents (or just as likely these days the only parent) can keep their job during the 6 week schlep

ELECTRIC MOBILITY SCOOTERS

I'm told the speed limit for these contraptions is 8.5 mph Any faster and they have to get insurance and go on the road We are all for them for disabled people who need them but is there a case for some kind of proof of need among some users!

CYBERBULLYING

Why are people so horrible to each other? What do they get out of making someone feel wretched! Years ago I used to argue that there was a place for mild "bullying" which stops people making an embarrassment of themselves, kind of draws them into line This sort of social help for slightly twerpish behaviour such as a mullet haircut or wearing sunglasses in January is no longer a bona fide tool among the young I don't argue the case any longer I'm for zero tolerance of judgementalism Get your hair streaked one degree outside the code these days and you're torn to pieces Why!

THEORY

Our children hear adults talking unpleasantly about anyone who's not in the room People love it Maybe our kids grow up thinking it's the way

Let us know what you think @chiherald

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Chichester Herald is the area's newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75,000**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Graewold newsagents One Stop Chichester College plus **300 newspaper stands** in the area Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick up point areas and businesses delivered to include
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Furniture & Mirror based in Terminus Road say "Whilst a couple [illegible] in Bognor they picked up a Chichester Herald from the stand in the cafe They were in Chichester looking for [illegible] seen our advert they came around to the showrooms and having been impressed with the quality and price [illegible] a fine selection of goods from us

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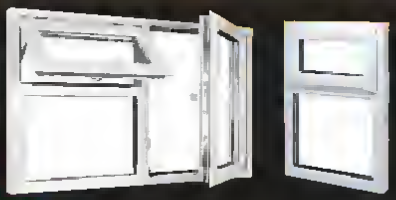

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Selsey man charged with indecent images offences

A SELSEY MAN has been charged with 21 offences relating to indecent images of children.

Warren Hilts, 39, unemployed, of Mill Lane, Selsey is due to appear on bail at Worthing Magistrates Court on Tuesday 13 August.

The charges, authorised by the Crown Prosecution Service follow an investigation by the Paedophile On-Line Investigation Team (POLIT) of Sussex Police.

Nine allege distribution of indecent video and still images of children, a further five allege making of such images, six allege attempts to facilitate or arrange commission of child sex offences on line, and one alleges possession of extreme pornography.

None of the images are of local children and no local children are involved in the other alleged offences.

Man on test drive crashes car in Bognor and runs off

POLICE are appealing for witnesses after a man smashed a car into a wall during a test drive and fled.

The driver crashed the silver BMW into a wall in Fish Lane, Bognor, at about 8pm on Friday 2 August.

A white man aged about 25 with spikey hair was then seen limping away from the wreckage.

The man, who was skinny and wearing a light top and dark shorts, was carrying his shoes in his hands as he fled.

The wreckage of the BMW blocked the road.

It is believed that the suspect had just taken the car out for a test drive from its owner.

Anyone with information should call 101 quoting serial 1630 of 2 August or email collision.appeal@sussex.pnn.police.uk.

Road traffic collision in Sidlesham

POLICE were called to a collision involving a white Ford Transit van and a gold Toyota Yaris in Sidlesham on Monday 5 August.

Emergency arrived at the scene on the B2145 Sidlesham Junction at around 4.45pm.

A 59-year-old man from Selsey who was driving the van and a 58 year old Littlehampton woman who was driving the Yaris, were both taken to hospital suffering from minor injuries.

The road was closed for around an hour and half while Highways cleared the road and officers would like to thank drivers for their patience.

Anyone who witnessed the collision is asked to call 101 quoting serial 1168 of 5/8.

Motorcyclist seriously ill after crash in Bognor

A 33-YEAR OLD is seriously ill in hospital after crashing his motorbike into parked cars.

The crash happened at 8pm on Friday 2 August as the motorcyclist was travelling east along Linden Road in Bognor.

His Honda CBR bike hit a parked Vauxhall Corsa and the pavement and he was thrown from the vehicle.

The motorcycle then sladded down the road and hit a parked Suzuki van.

The motorcyclist, from Bognor, was taken to Southampton General Hospital suffering from broken arms and legs and internal injuries.

Anyone with information about the crash should call 101 quoting serial 1634 of 2 August or email collision.appeal@sussex.pnn.police.uk.

£25,000 of mobile phones stolen in Bognor Regis

HAVE YOU been offered the chance to buy a cut price mobile phone?

The handset could be part of a delivery destined for the 3 Store in Bognor Regis that was stolen from a courier van nearby.

The white Vauxhall Mervano was parked in West Street in the town when it was broken into between 10am and midday on Tuesday 6 August.

A parcel containing £25,000 of mobile phones that was in the back of the vehicle was stolen.

Officers are keen to speak to anyone who was in the West Street area on Tuesday morning and could have seen someone acting suspiciously around the van or other vehicles.

A police spokesman said: "We have been given a list of all the stolen handsets and their IMEI codes so any phones we recover will be able to be traced back to the theft easily.

"Anyone who buys one of these stolen phones should bear in mind that the handsets will be confiscated by us and they will not get their money back."

Anyone with information should call 101 quoting serial 951 of 6 August or the independent charity Crimestoppers anonymously on 0800 555111.

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Civic, Heritage & Young Citizens' Awards

CHICHESTER CITY COUNCIL is once again seeking nominations for their annual Civic, Heritage & Young Citizens' Awards. The City Council have been honouring people who have made an outstanding contribution to the City and its residents for many years. If you know someone who you think is worthy of such an award please nominate them.

Buildings in the City that have been refurbished or redeveloped in the past 12 months and have enhanced the area can be nominated for a Heritage Award.

The City Council are also seeking nominations for Blue Plaques to commemorate famous people or events connected with Chichester buildings.

Young people under the age of 18 years who have undertaken heroic, caring and citizenship roles within the City can be nominated for a Young Citizens' Award.

Nomination Forms are available from the Council House in North Street or can be downloaded from www.chichestercity gov uk. The closing date for nominations is 5pm on Friday 27 September 2013.

All nominations will be considered in October and the awards presented at a Ceremony in February 2014.

Residents urged to share their memories of Chichester Festival Theatre

A GROUP of young actors from Chichester is urging residents to share their memories of the city's Festival Theatre.

It is part of the Pass It On heritage project a three year venture which started in January this year.

The scheme, by members of the Chichester Festival Youth Theatre, looks at the impact the playhouse has had since it first opened in 1962.

The aspiring actors will be in the city library on Saturday August 10 to record people s memories.

Those collected at the session, which runs from 12 30pm to 4 45pm, will be used to create an archive about the theatre.

To find out more about the Pass It On project contact Chichester Library on 01243 777 351 or visit Tower Street, PO19 1QJ.

Alternatively go to www passiton.cft ory.uk

Residents invited to say what they would like to see put under the Scrutiny Spotlight

RESIDENTS are being encouraged to say what burning topics they would like to see put under the microscope by West Sussex County Council's scrutiny committees.

County Councillors are meeting in September to look at priority areas for the scrutiny work programme, and they want residents to play their part.

Special website pages have been launched so that people can register their suggestions.

County Councillor Deborah Urquhart , Chairman of the Performance and Finance Select Committee, said: "The scrutiny committees play a key role in the democratic process, and as we are keen to look at customer outcomes we want to hear from residents about areas of work they'd like to suggest for our committees.

"I want to stress that this is not about individual problems or complaints as our role is to focus on issues that impact on groups of residents or the whole County, including decisions, services and policies."

County Council Leader Louise Goldsmith said she also hoped the public would contribute to the work programme.

She added: "The County Council's Cabinet is responsible for the day-to-day decisions. It's the role of those County Councillors not in the Cabinet to hold us to account for our decisions and to consider whether service improvements could or should be put in place, and that's where scrutiny comes in."

The County Council said it had some really helpful suggestions for last year's scrutiny work programme, some of which were adopted as priorities. For example, further work was carried out on what the County Council can do to help young people avoid becoming unemployed or without training.

Select committees cover all areas of the County Council's work affecting the whole of West Sussex, including health, social care, education, schools, highways and transport, youth services, environment, economy, the Fire and Rescue Service, and community safety.

Suggestions will be considered by County Councillors when setting the overall priority areas for the work programme. The deadline for comments to feed into the session is Friday 6 September.

However, residents will be able to submit a suggestion at any time during the year – either using the online form or by contacting their local County Councillor – as the work programme is kept under regular review to ensure the highest priorities are looked at as they emerge.

To find out more, or to submit a suggestion, visit the County Council website at www.westsussex.gov.uk and search for 'scrutiny and select committees', and complete the online form or write to the Scrutiny Team, Room 1412, County Hall, Chichester, West Sussex, PO19 1RQ.

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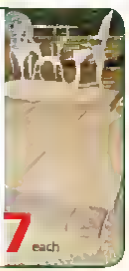

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Year Six Pupils reflect on life at Portfield Primary Academy as they prepare to start secondary school

LEAVING primary school is a huge step in any child's life, as they leave behind memories and often friends and prepare to start secondary school. Year 6 pupils at Portfield Primary Academy in Chichester have been discussing what they enjoyed most about their time there, and how they'll be sad to say goodbye to the school, which has seen some great improvements over the past year.

Jack, 11, said he really enjoyed going on the school residential trip to Great Pothendge House in Devon. "We took part in lots of fun activities like rock climbing and archery, and we got to do a night walk and sleep in the woods."

Ryan, aged 10, said one of his key memories from Year 6 was taking his SATs exams, and that they were easier than he thought they would be.

Katie, 11, said that life at the school was much better since new Headteacher Daryl Power joined last September, as now, "We line up properly outside, and there is more discipline. We also have lots of new tables and chairs which are really nice."

One of Katie's lasting memories of her early years at Portfield Primary Academy was playing with some giant wooden blocks in the outdoor play area. "We used to put the blocks together to make a ship and pretend we were pirates," she added.

Luke, 11, said he had received lots of help from the teachers. "Miss Langdon has really helped me to make my handwriting neater."

Ten year old Callum's highlight of being a student at Portfield Primary Academy was when his class went to the O2 Arena in London to perform as part of the Young Voices Choir. He also talked about the school winning a Rounders tournament against Tangmere Academy, which was organised by Headteacher, Mr Power.

Callum said: "Our Sports Development Officer, Mr Honeywood, put a Rounders team together with Year 5 and 6 pupils and we only had one day to practice before the tournament, but we won the cup!"

Rhys, aged 11, said his favourite memory was starting school at Portfield Primary Academy, and he remembers a fun day on the last day of Year 1, when his older sister won a prize for having the best mask in a competition.

The children were full of happy memories of their time at Portfield Primary Academy, and all mentioned how many positive changes had been made during the past year.

Interestingly, they all commented on how new discipline and behaviour expectations had made the school better for everyone.

Headteacher Daryl Power said: "We wish all our Year 6 pupils the best of luck for their future. They have been a pleasure to teach, and we hope they enjoy their time at secondary school as much as they have at Portfield Primary Academy."

Year 6 pupils at Portfield Primary Academy in Chichester have been reflecting on their time there as they prepare to start secondary school

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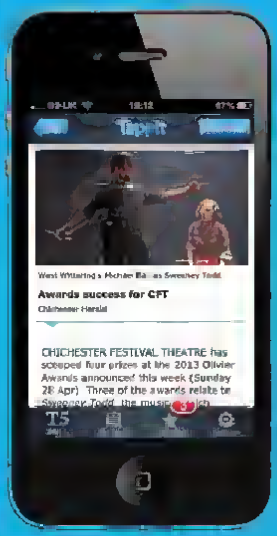
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr) Three of the awards relate to

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Chichester Gate Leisure Park's Summer Festival gets off to a great start

ON SATURDAY 3rd August, visitors to Chichester Gate Leisure Park (CGLP) were treated to the sound of summer as the park kicked off their month long festival with a host of musical entertainment.

Throughout the day various acts performed music from different genres including, the sounds of New Orleans from the Dixie Saints Jazz Band, the relaxed vibe of the Caribbean with the Sounds of Steel and even the soothing classic sounds of a string quartet and rhythmic guitarist – so there was truly something for everyone to enjoy listening to in the glorious sunshine

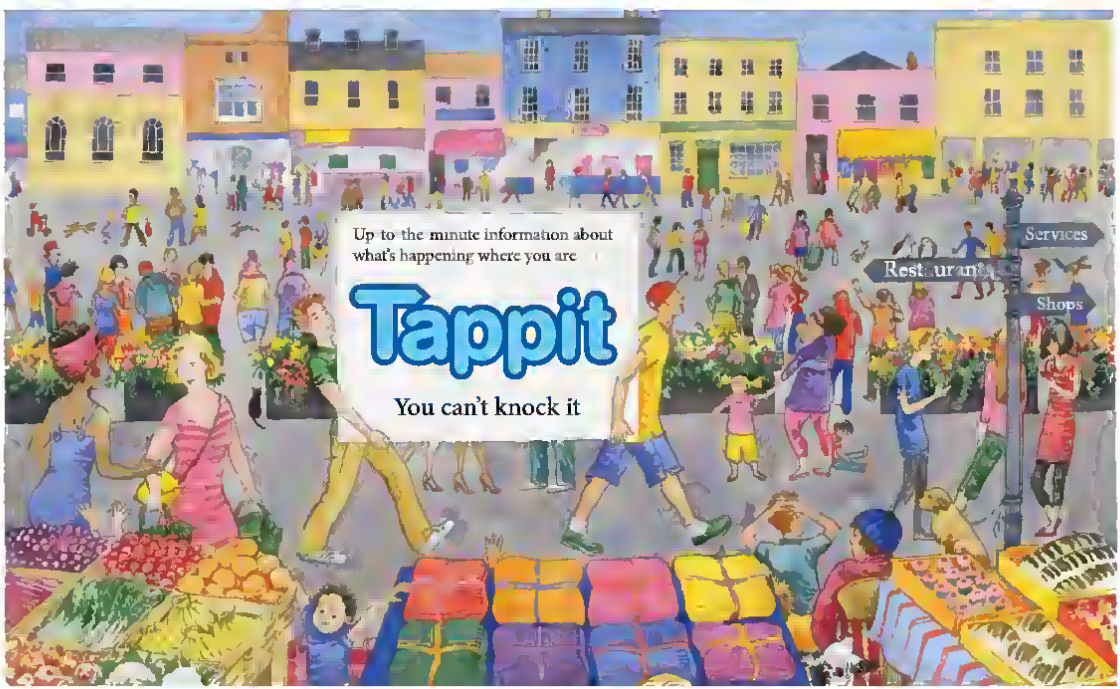
The entertainment didn't stop there though as families could also take part in Sand Art workshops, go for a spin in some Go Karts and navigate their way around an inflatable pirate fun run.

Nando's also hosted a great game of Spin the Bottle where visitors won free food and drink whilst Premier Inn ran a very successful tombola stall to raise vital funds for Great Ormond Street Hospital.

A spokesperson for CGLP, commented: "The launch of summer festival was a great success. It was wonderful to see the park brought to life with people having fun in the sun and enjoying the entertainment offering and we are looking forward to see how the rest of the month develops. We want Chichester Gate to become the place to be this summer to keep the family entertained."

The Summer Festival continues on Saturday 10th August with a Summer Gift Fair. From 11am to 5pm visitors can browse a whole host of different stalls from independent business and purchase a variety of gifts and treats for the family. There will also be interactive entertainment, offers and giveaways throughout the day.

For more information please visit www.chichestergateleisurepark.co.uk or 'like' Chichester Gate Leisure Park on Facebook.



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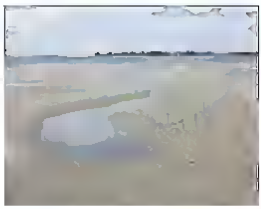
Mother in Wittering warning



A MOTHER whose children were rescued off a West Sussex beach has called for better warnings about sandbanks after an incident at West Wittering.

Corinna Edwards-Colledge was with her five-year-old son and 12-year-old step-daughter at West Wittering when they were caught out by incoming tides.

She said the family did not realise sandbanks in the area meant that sea depths were so variable.

A West Wittering Beach spokesman said they had been outside the area patrolled by lifeguards.

The family's scare happened the day before three men were taken to hospital after they were trapped on a sandbank by the incoming tide at West Wittering.

"The strange thing about West Wittering that I didn't realise is that people further out to sea can actually be on shallower ground," said Ms Edwards-Colledge, who was speaking to the BBC.

"So we felt that it was completely safe."

She said that she started to walk towards the shore with her son but the water quickly became too deep and she had to put him on her shoulders.

About a minute later I was completely out of my depth. My son was clinging to my back and I felt that he could have slipped off my shoulders.

It was terrifying."

She shouted for help and a swimmer came to their aid and took her son back to shore.

A windsurfer towed Ms Edwards-Colledge and her stepdaughter to safety.

She said the family accessed the beach at East Head and did not see warning signs until afterwards.

"I suggest a safety flyer should be handed to each visitor as they pay to use the car park," she said.

West Wittering estate manager David Piper said flyers were given out but the beach was a "dynamic environment" where water levels changed.

"Our signage complies with RNLI guidance and we put signs at every entrance to the beach," he said.

"We've got A-boards on the beach as well.

"The lifeguards are there to give people help and advice and encourage them to swim within the lifeguarded area but you can never make allowances for everybody.

"It is an alien environment for some people."

Not young enough to know everything

Mia Edwards

GENERALLY I think of adults as being all wise and all knowing. They've lived through their kidulthood and so they know stuff. I normally go to them for life advice and DMCs.

But recently, their advice has been changing. Instead of starting their sentences with 'you could' or 'maybe you should', they've been saying 'you NEED to do this'. There is nothing more annoying than people telling you what to do directly, and it doesn't work. It makes me want to do the opposite of what said adult wants you to do because their smugness if you followed their advice would be too annoying.

I am only now noticing that adults have this feeling of superiority. It's like they think that just because you're younger and less experienced, everything you feel is dramatic and not worth the worry. They forget that at the time, it all probably meant a lot to them too.

Then there's the patronising voice that says 'oh those naive youngsters thinking they know everything.' Alright you ancient witch of the no fun zone why not just leave us alone and get back to the old people's home. The other day my friend and I were harmlessly messing about in town and this woman, maybe in her thirties, walked past and went 'silly girls'. How unbelievably irritating is that? There is no need to be so senile about these things. We weren't harming anyone, but we upset her so much her dentures probably fell out. What is the use in getting angry with youths? You were probably once youthful too ya know.

I like to think that I will never be this old. I will find Neverland and will spend my days making fun of old people and flying around eating candy. However, there is a sad end to this tale. Because I probably will get old. And I will probably grumble at youngsters and tell them to get off my lawn, and tell them that they MUST do this and they MUST do that, and look at them pityingly and say things like 'oh to be young again' and 'they just don't know what's coming'. But for now I'll just take their advice (sometimes) and be my young self.

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- Wednesday's Children will be getting fit and having fun with team games, hula hoop games, parachute games and dance games 9.15-10.45am while mums can Zumba 9.30-10.15am and Tone the stomach in Fitjoy's Fab abs class 10.15-10.45am. All at the Fishbourne Centre.

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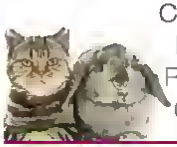

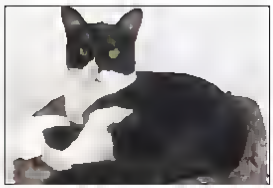
Bono is an 11 month old black and white neutered friendly playful older kitten Desperate for his first real home!

GOOD NEWS: Flame, Alec & Canus, and Overlooked Young Pair Kings & Luna have homes. THANK YOU!

THE FELINE GARDEN ROOM will be officially opened during The Summer Fayre on Sunday 11th August 11 am to 4 pm This is the last part of Viv Eadon Lodge to be built, since planning permission was received in 2007. It has been possible due to a large donation specifically for this, and the cats just love it. Summer Fayre admission is £1 (adults/children) or some cat or rabbit food. Cat & Rabbit Rescue at Sidlesham will be signposted from B2145 to Hunston/Selsey. Please check out www.crrc.co.uk/summer-auction-2013/auction-items to see some fantastic items we are auctioning to raise money for the 300 plus animals and for the continued work of The Centre.

By the end of June, 73% more kittens were taken in than at the same time last year. Sadly we cannot help everyone, so please get your pet neutered, and if you cannot afford it, please contact CRRC for help.

Cats waiting for homes:

• Friendly 1 year old brothers, black & white Denzal & black lap cat Murphy, are the last 2012 Overlooked Young Pair waiting for a home.

• Warrior is a 4 year old big tabby softie who is great friends with 1 year old friendly, talkative, black Kirsty.

• Bono is an 11 month old black and white neutered, friendly, playful older kitten. Desperate for his first real home!

The Rescue asks for a minimum donation of £45 for each cat/kitten which includes vaccination, microchipping, and neutering. Free PetPlan vet insurance for 4 weeks is provided. An un-neutered younger kitten is £70 including a free neutering voucher for when the kitten is old enough.

Visits to The Centre are Strictly by Appointment. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.

Plums, picnics and pruning at the Oaklands Park Community Orchard

Richard Wooden with volunteers in Lacky during a pruning workshop

OVER 20 people joined Transition Chichester's Community Orchard Summer picnic on Saturday 3 August. The morning started with a pruning demonstration and workshop by professional Hampshire based gardener Richard Wooden. The 30 tree orchard, planted in November 2011, has two plum trees a Santa Rosa and a Victoria plum tree, one of which (the Victoria plum) was damaged in the early part of the year but seems to be making a successful recovery.

After the horticulture workshop Transition Chichester volunteers enjoyed a lovely picnic in the sunshine, and a treasure hunt for the attending children. The event was run by Transition Chichester, a not-for-profit community group that runs numerous projects in order to encourage greener lifestyles in and around the Chichester area.

If anyone would like to be involved in the community orchard, or would like to know more about Transition Chichester, they can contact Ellie Garwood at projects@transitionchichester.org.

Crafty cream tea!

MAXIMUM CRAFT CLUB would like to invite you all to a Crafty Cream Tea on Sunday 18th August at the Selsey Centre, Manor Road, Selsey will all profits going to Breast Cancer Care.

They run regular classes and workshops in The Selsey Centre and Chichester and decided to run this year's charity event as part of the big Strawberry Cream Tea event for Breast Cancer Care. The entry fee is just £3 which includes tea / coffee, scone, cream and jam, plus a special card pack for you to make yourself, either at the event or once back home. All materials will be provided to make the card plus a chance to make others if you wish to stay a little longer.

Maximum Craft Club will be showing some lovely card crafting ideas, including some items from their next workshops which can be booked in advance on the day.

There will be a small selection of craft materials and unique hand-made cards for sale on the day plus a special lucky dip stall with great bargains, all raising funds for Breast Cancer Care.

Tea will be served from 2 – 4pm, everyone welcome, you don't have to be a crafty person! More information from Maxine Payne on 01243 600096 or email: maxine.payne@btinternet.com

Scent of danger

A LOCATION described as being as British as Bond himself, Goodwood was recently chosen as the perfect Estate to launch Quantum, the latest addition to the James Bond 007 fragrance line.

Goodwood House, the Hotel and Motor Circuit recently played host to carefully selected lifestyle journalists from around the world, who in true Bond style were sworn to secrecy as they were invited to the strictly embargoed unveiling of the latest intensely masculine James Bond fragrance – Quantum. Goodwood House played host to a Bond themed dinner where the fragrance was revealed whilst the following day, down at the Motor Circuit, renowned stunt driver Ben Collins put an Aston Martin through its' paces and those passengers lucky enough, who wanted to be left shaken and stirred!

Providing an exclusive glimpse into Bond's cinematic world, the motorcircuit showcased five original cars from the James Bond films: Jeant by Beaulieu. These included the iconic Aston Martin DB5 from Skyfall, the Jaguar XKR and the Aston Martin Vanquish from Die Another Day, the Rolls-Royce Phantom III from Goldfinger and the Aston Martin DBS from Quantum of Solace, complete (or rather incomplete) with bullet holes!

Goodwood is no stranger to the allure of fragrance and beauty, it is said that in the 18th century the Goodwood Estate housed a distillery used for making both beer and cologne from whatever grew on the estate at that time. Orange blossom, lilac, roses and other flowers were mentioned and there are records of purchases from Paris for the Dukes and his wives and sisters as men were just as heavily perfumed as the women and carried vinaigrettes as well as eau de cologne. In the same era – the Prince Regent was reputed to be such a fan that in 1800 he spent £15,000 on perfume – around £13 million today!

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Local health checks available in Midhurst

FREE health checks are available in Midhurst in once-a-month sessions at the Grange Centre.

The health checks take place on the third Thursday of each month until November, at the Grange Centre, Bepton Road, Midhurst, GU29 9HD.

They are available for anyone aged between 40 and 74 years-old without an existing long-term condition.

The checks are run by health advisers from the Western Prevention Assessment Team and focus on preventing major causes of illness, such as heart disease, stroke, diabetes and kidney disease.

These conditions are often avoidable and a health check could help to identify any potential issues before a problem develops.

West Sussex County Council Cabinet Member for Community Wellbeing Christine Field said: "The lifestyles we lead can have long term health implications we might not necessarily be aware of, or we think it won't happen to me.

"Booking to have a free health check is a chance to reassess your lifestyle and look at changing any factors to improve your health for the future."

They are confidential and must be booked in advance. To book your free health check please call 01243 642370.

Vintage and Veg in Yapton!

LOCAL PEOPLE and stall holders came to support the first 'Vintage & Veg' Yapton Village Market on 2nd August where tea and homemade cake was served in 'vintage' china and the organic veg was a best seller.

The Vintage and Veg market is organised by local charity the Aldingbourne Trust which also organises Pulborough Farmers Market on the last Saturday of every month at Pulborough Village Hall. The charity were selling items of handmade pottery, woodwork, organic produce and plants at the market, all of these products are made or grown by adults with learning disabilities that the Aldingbourne Trust support, some of whom attended the market and helped serve on the stalls.

A varied selection of stallholders were selling their wares at the market, sweet smelling bouquets from Amber Rose Flowers, Jennie Muir's delicious homemade chutneys, jams, quiches and cakes, and Transmeck Fashion's vibrant, chic hats and fascinators were perfect for Glorious Goodwood. One of the most unique items for sale were the 'Baby Cocoons' from Loopy Chains, these knitted items came in cute styles such as ladybirds, Batman or Yoda. Sussex Orchards, who like the Aldingbourne Trust, support adults with learning disabilities, were displaying their homemade apple juice and wood products made at their site in Walberton. Locally based charities L'Arche and United Response also attended the Market.

This new venture was well received by stallholders and residents of Yapton alike. Owner of Transmeck Fashion, Debbie, knew of the Aldingbourne Trust and the charity's work through family members and saw the Vintage and Veg Market advertised in the local paper which prompted her to have a stall. Jenny Muir enjoyed the morning and was pleased to see local support for the market. Three residents from Aldingbourne village came down to Yapton for the morning and said they would be supporting the market again.

One of the Vintage & Veg Market organisers, Gill Hunter said: "We hope the Vintage and Veg Market will bring together the local community to buy and share home grown produce and crafts and provide a meeting place to stop for a drink, cake and catch up. The response from local people for our first market was enthusiastic and warming and we look forward to the next one."

The Vintage and Veg Market is held every first Friday of the month in the Yapton Village Hall 10am to midday selling homemade and local produce. New stall holders are welcome, please contact Gill Hunter or Jo Rea on 01243 542075 for more information. For more information on the Aldingbourne Trust please visit www.aldingbournetrust.co.uk

Go Wild with Ed

Ed Rowsell

Birds

August is normally the peak month for numbers of some waders including Redshank, Curlew and Greenshank. In our most recent count there were 1,200 Curlew in the harbour. These are probably birds from breeding populations in the North of England and Scotland. We are still awaiting significant numbers of Dunlin and Sanderling to arrive. Most of these birds will continue to migrate onwards once they have replenished their fat reserves.

Mammals

Two seal pups have been sighted within the harbour. Pups are able to swim within hours of being born and will take milk for only the first 3-6 weeks of life when they make huge weight gains. If you see seals please give them space and minimise your disturbance.

Bats are now very active with this year's young now out hunting for themselves. Bats only have a single pup making it difficult to build their population numbers so we are hoping this has been a better breeding season than last year.

Invertebrates

On the face of it, it seems to be a fairly good year for butterflies. We have spotted clouds of Meadow Brown on grassland, and numerous Speckled Wood, Small Skipper, Gatekeeper, Red Admiral, Comma, Large White and even a few sightings of Small Tortoiseshell. If you are out and about the Big Butterfly Count runs until the 11st August, all contributions are welcome.

Now is a good time for moths. Lots of species are attracted to lighted windows and find their way into houses. I have recently seen Pale Prominent, Brimstone, Swallowtail, Flame Shoulder and Drinker moths.

Plants

We have recently undertaken some seagrass surveys. This group of plants are the only truly marine flowering plants, they occur on some areas of mudland around the harbour. The survey showed a fairly healthy population of three species, Dwarf and Narrow-leaved Eelgrass and Beaked Tasselweed. As well as being important in its own right as a fairly rare and special habitat, these grasses are a valuable food source for Brent Geese and Wigeon in the winter.

Two seal pups have been spotted in the harbour

Sightings

Please report any interesting sightings to the Harbour Office, particularly of breeding birds, orchids and water voles to the harbour office.

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Green Wright Chalton Annis Solicitors raise £11,000 for Macmillan through two successful free Will Promotions

FOR THE SECOND year running West Sussex Solicitors, Green Wright Chalton Annis, supported Macmillan Cancer Support by offering to write their Wills 'free of charge' for all new clients whom made an appointment to have their Will written during May in return for a donation directly to the cancer Charity.

The promotion proved popular with local residents again this year and was hugely successful, raising over £3,700.

"We are absolutely delighted that over the last two years the 'free will promotions' with Green Wright Chalton Annis have now raised over £11,000, to help and support people and their families living with cancer," said Mandy Kendall, Corporate Fundraising Manager at the charity. "We would like to say a heartfelt 'thank you to all the staff at Green Wright Chalton Annis and to all the local residents who got involved and supported the initiative and made a donation to Macmillan."

Southend Barns owners buy Blacksmiths Arms in Donnington

OWNERS of the wedding venue Southend Barns in Donnington have this week announced that they are now the new landlords of The Blacksmiths Arms. William and Mariella Fleming bought the pub last week and have revealed plans to regenerate it for local residents and visitors to enjoy.

The Blacksmiths is only half a mile up the road from Southend Barns and the couple plan to convert the upstairs into 4 bedrooms with a restaurant downstairs and also redesign the outside area.

Their reputation for high spec design and attention to detail following the opening of Southend Barns last year will be emulated at the pub and with Mariella's Dutch background there are plans to recreate the chic beach restaurant style that is prevalent out there.

The Blacksmiths will be closed for around 9 months while the refurbishments are being carried out and will reopen in Spring 2014 with a fresh look as well as a new food and drink offering.

With Southend Barns located just up the road, William and Mariella hope to combine the two businesses, providing guests of the wedding couples with a place to meet beforehand as well as accommodation.

The Fleming family have been farming in Donnington for over 50 years, so they felt passionate about keeping the pub at the heart of the village instead of seeing it converted into housing. They are also aware that they need to offer their clientele something different, with declining beer sales of 7% a year, a regular pub just serving ale can no longer survive in the current economic climate.

"Our vision is to create a destination pub offering quality entertainment and serving up good, honest and fresh food, with as much as possible sourced locally or grown on site," explains Mariella. "Menus will include seafood platters, salads, fresh meats and nutritious snacks as well as freshly squeezed juices at the juice bar and of course a selection of good wines and beers."

For more information visit www.the-blacksmiths.co.uk

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald in partnership with Chichester's Ship Hotel is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer, name, address and contact number to **news@theshiphotel.net**

Last week's answer was: Frezzo's Window, South Street, Chichester

the ship
Hotel, Bar & Restaurant
North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 14th Aug 2013 at midday. The competition is for one winner with a prize of a meal for two at the Hotel's popular 'The Ship's Plank'. The Ship's Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait, mini burger chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

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Chichester Business

Spire Portsmouth Hospital takes the social route to knowledge with Facebook app

POPULAR questions and myths surrounding cosmetic surgery, skin cancer and weight loss surgery feature in a brand new Facebook app launched by Spire Portsmouth Hospital.

The app, which features three separate online quizzes and the chance to win John Lewis vouchers, has been designed as a fun way to increase awareness of popular health issues.

Hospital Director Louise Sullivan said that Spire Portsmouth has taken the social route to increase people's knowledge of some of the most common areas of healthcare.

"We are bombarded by information, statistics and myths in these key areas so what we want to do is focus on important key areas of knowledge," said Louise. "The questions we have included give users a fun way to learn and win."

She said skin cancer has been included in the online quizzes as summer is a high profile time for this disease to be in the spotlight. "We want people to know the dangers of skin cancer, how they can help avoid the disease and what areas of the body are most likely to be affected."

Cosmetic surgery and weight loss also feature as key areas for patient understanding. "It's important for patients looking at any kind of treatment to have as much information as possible and our quizzes include the type of questions patients ask us at open evenings and when they meet our specialists."

The Facebook quizzes are online at www.facebook.com/SpirePortsmouthHospital

University appoints new head of English and Creative Writing

PROFESSOR Simon Barker has joined the University of Chichester as the new Head of English and Creative Writing. He was previously Head of Humanities at the University of Lincoln and has also led English at the Universities of Winchester and Gloucestershire. Earlier he taught at the Royal Welsh College of Music and Drama. He is a graduate of the University of Stirling and the University of Wales.

Professor Barker's teaching and research interests lie in the cultural history of the Tudor and early-Stuart period with an emphasis on the theatre. He has a particular interest in the representation of military conflict on the stage and in other media. In 2002 he edited Wartime Refractions, a special issue of the interdisciplinary journal Literature and History. His books include War and Nation in the Theatre of Shakespeare and his Contemporaries for Edinburgh University Press, The Gentle Craft for Ashgate, and Shakespeare's Problem Plays for Palgrave Macmillan. He is joint editor, with Hilary Hinds, of The Routledge Anthology of Renaissance Drama and worked with Jo Gill to produce Literature as History: Essays in Honour of Peter Widdowson. He is currently writing a book about The Forsyte Saga author John Galsworthy, who has a local connection to the area.

Professor Barker said: "I have long had an interest in the University of Chichester, having visited the institution on a number of occasions over the years for conferences and other events. I have also known of the work of my new colleagues in English and Creative Writing and the reputation they have for exceptionally high standards of teaching in a friendly and supportive atmosphere. I was therefore delighted to have the opportunity to join the team. I have received a tremendous welcome and look forward to working with staff and students to consolidate and enhance Chichester's excellent reputation for its teaching, research and creativity."

Arts & Entertainment

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Cineworld

The Smurfs 2 (3D) (U)

THREE out of Five stars

Running time: 105 mins
Director: Raja Gosnell
Starring: Neil Patrick Harris, Brendan Gleeson, Jayma Mays, Hank Azaria, Katy Perry, Jonathan Winters, Christina Ricci, J B. Smoove, George Lopez, Anton Yelchin, John Oliver, Jacob Tremblay

Enjoyable sequel to the 2011 hit, enlivened by decent animation, strong comic performances, a terrific voice cast and a witty, mostly pitched script that ensures there is entertainment for both adults and children

What's it all about?

Directed by Raja Gosnell (who made the previous film), The Smurfs 2 is based on the Belgian comic strip characters created by Peyo and begins with a brief recap of Smurfette's origin (in pop-up book form), revealing that she was created by the evil-but useless wizard Gargamel (Hank Azaria) before Papa Smurf (Jonathan Winters) transformed her into a 'true blue' Smurf using a magic spell containing Smurf essence.

However, unbeknownst to the Smurfs, Gargamel has created two new Smurf prototypes known as Naughties and he sends one of them (Christina Ricci as Vexy) through a portal to kidnap Smurfette and bring her to his Paris base, where he intends to harness the secret of the magic spell for his own nefarious purposes

When the Smurfs realise that Smurfette is missing, Papa Smurf forms a rescue team with Grouchy (George Lopez), Clumsy (Anton Yelchin) and Vanity (John Oliver) and they magic themselves to New York to ask their human friends Patrick (Neil Patrick Harris) and Grace (Jayma Mays) to help them find Gargamel.

The Good

Azaria was born to play Gargamel and he duly delivers another terrific comic performance as the hapless wizard, while Winters (who sadly died after filming was completed) is pitch perfect as the perpetually unperturbed Papa Smurf, and Perry does an excellent job of conveying Smurfette's emotional conflict, torn between her creator, her new Naughty friends and her Smurf family. Similarly, Lopez, Yelchin and Oliver have an engaging rapport as the rescuing Smurfs and the film also receives a welcome comic boost from Brendan Gleeson (as Patrick's well-meaning stepfather Victor), particularly when he's accidentally turned into a talking duck

Gosnell's experience with CGI/live action hybrids (e.g. Scooby Doo) makes him pretty much the perfect director for the Smurfs franchise and the blending of live action and animation is commendably seamless here, with the Paris locations used inventively throughout. Similarly, the witty script is packed full of good jokes (for both adults and children) and manages to deliver a strong message (about the importance of any kind of family) without resorting to sickly sentimentality

The Bad

The main problem with the film is the depressing amount of completely unnecessary product placement (especially considering the age of the film's target audience) – prime offenders here include Gargamel learning how to use an iPad and the Smurfs apparently having both the internet and 'Smurfbook', while the aggressively pop-friendly soundtrack feels both distracting and out of place

On top of that, J.B. Smoove's Hackus (the other Naughty) is underdeveloped and never really gels as a character, while the animation on the all-CGI cat Azrael (an admittedly remarkable achievement) is occasionally a little creepy.

Worth seeing?

The Smurfs 2 (3D) is an engaging and enjoyable sequel that should appeal to both children and dragged-along adults alike. Worth smurfing.

Sky Diary August 2013

By Peter Little-Johns

Mercury is close to the eastern horizon in the first third of August lying below faint Mars and the much brighter Jupiter with the crescent Moon nearby on the 5th.

Venus is close to the western horizon just after sun-set with the Moon passing close by on the 9th.

Saturn is now past its best, setting a couple of hours after the Sun but still worth a look in good binoculars. As any colour on these distant planets.

There are five meteor showers in August, the first of which is on the [illegible] with the radiant in the constellation of Capricorn in the S.S.E. but with a meteor rate of only about 5 an hour.

The highlight of the summer is the annual Perseid shower with up to 80 shooting stars an hour at the peak. The Moon disappears before midnight and should not interfere too much up till then. The maximum is over the 12/13th night and is fairly high in the NE and best [illegible] is needed for this one and is well worth a late night if clear. You will also see many artificial satellites that slide slowly through the constellations.

Planetarium Shows and Dates – August 2013

Sunday 18	3.30pm	Summertime Stars, Moon and Planets
Tuesday 20	3.30pm	The Moon, Our Nearest Neighbour
Thursday 22	3.30pm	Prepare for Blast off!
Friday 23	7.30pm	Hubble's Glorious Universe
Monday 26	1.30pm	All Aboard – A Tour of the Planets
Monday 26	3.30pm	The Northern Lights
Wednesday 28	3.30pm	Summertime Stars, Moon and Planets
Friday 30	7.30pm	The Northern Lights

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester
Alternatively, please phone 01243 774400 or ticket hotline 07815 297292 to reserve your tickets.
Payment by cash or cheque only, on the day
A map showing the location can be found at: www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q KATY PERRY PLAYS THE VOICE OF WHICH SMURF?

A. SMURFETTE
B. VEXY
C. GARAMEL

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 13th August 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Mick Ever from Chichester

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL – 0871 200 2000

Full steam ahead for the Northchapel Working Steam Show this Weekend!

IN TRUE TRADITIONAL style, steam rollers flattened the idyllic 00 acre site, just outside of Petworth, ready for the fun packed Working Steam Show this weekend. Based at the site of the very first Northchapel Steam Show on School House Farm, London Road, the shows 'bursting at the seams schedule' is planning to not only offer a unique emphasis on working demonstrations and a wondrous insight into life before modern day vehicles but a plentiful supply of stimulating pursuits to enjoy too!

Guaranteeing a superb day out for all of the family, the popular event in the heart of West Sussex is offering many new attractions this year, with pony rides, exhilarating land train, owls and traditional fairground too.

With the West Sussex countryside and Blackdown Hills offering a superb backdrop for the show, working steam engines will plough, thresh and crush raw materials before your very eyes. A wide selection of classic and commercial vehicles, military vehicles, tractors, heavy horses and vintage motorcycles will invite you to take a step back in time and the addition of the steam engine trailer rides, arena events, display teams, demonstrations and live music all ensuring a definite summer event date for the diary this weekend.

With its emphasis on fun and celebration the shows organisers' are keen to ensure the event raises some much needed funds for local cancer charities St. Wilfrid's Hospice and Macmillan too. To show your support and to find out more about the show, please visit the website www.northchapelworkingsteamshow.co.uk or the Facebook page for further information.

This week at New Park Cinema

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Monsters University is now showing

Fri 9 Aug
13.00 Girl Most Likely 103m
15.15 Lincoln (12A) 150m
18.15 Frances Ha 86m
19.30 Open Air Screening: Planes (Preview)
20.30 The Deep

Sat 10 Aug
12.00 Monsters University
15.00 Frances Ha
17.15 Girl Most Likely
19.30 Open Air Screening: The Great Escape
20.15 Lincoln

Sun 11 Aug
12.30 Monsters University
15.30 Frances Ha
17.30 Die Walkure 300m

Mon 12 Aug
13.15 Wadjda (PG) 98m
15.45 Girl Most Likely
18.00 Monsters University
21.00 Frances Ha

Tue 13 Aug
12.30 Lincoln
15.30 Monsters University
18.45 Bowie from the V&A (LIVE)
20.45 Girl Most Likely

Wed 14 Aug
12.15 Monsters University
15.00 Wadjda
17.15 Lincoln
20.15 Girl Most Likely

Thu 15 Aug
13.00 Girl Most Likely
15.15 Bowie from the V&A (Encore)
18.30 Chichester Film Festival Opening Gala

Get lost at The BarnYard!

THIS SUMMER The BarnYard have opened the gates to their Maize Maze. Set in a 3 acre field on the site of the garden centre and currently standing around 7feet tall, the maze is the latest in a series of attractions and events hosted by The BarnYard.

Inspired by a design submitted by a pupil from a local school the maze has been quite a hit so far this holiday with streams of visitors, both young and old, navigating their way through the towering maize paths in an attempt to reach the centre and stake their claim to the flag there.

While the kids are climbing the straw bale castle or having a ride in the barrel train, the BarnYard Diner is open for cream teas, coffee & cakes and freshly prepared hot and cold food.

The BarnYard's co-owner Lucy Eade believes the Maize Maze will serve to attract new visitors as well as provide an exciting experience for regulars.

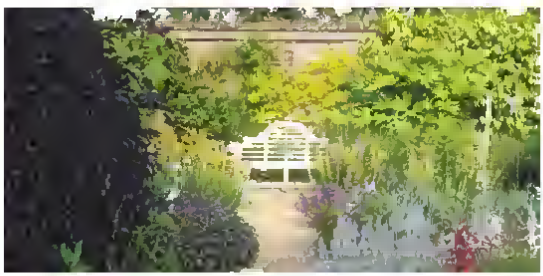
'What started two years ago as a dream to convert a plot with a greenhouse into a garden centre has turned into a much bigger and more enjoyable project. Along with my husband Max we have added a Farm Shop with butchery selling local meats and produce, some of which comes from our own farm, the Diner which uses ingredients from the Farm Shop and a gift area selling many local handcrafts.

As a mother of three I know how important it is to cater for families, which is why this summer we have produced the Maize Maze as an ideal place for children to let off some steam while mums and dads are enjoying a lazy summer's afternoon with a coffee and something to eat.'

With their variety of plants and fresh foods in the Farm Shop, The BarnYard is not just a stop-off for families but also a destination for those looking for an alternative garden centre experience.

The Maize Maze is open from 10-3 every day during the summer holiday and is located on the grounds of The BarnYard garden centre on the Birdham Road, just 3 miles from Chichester. For more information and updates on future events please visit the BarnYard's Facebook page at www.facebook.com/barnyardfamilies

Delights at Denmans



THE GARDEN, jointly owned by garden designer and author John Brookes MBE and Mr Michael Neve, is beautifully planted for all year interest with emphasis on shape, colour and texture and although four acres in size it is full of planting and design ideas that can be adapted to suit any size of garden.

The Plant Centre stocks an enormous range of plants as well as sculptures and pieces to suit every type of garden, terracotta pots and planters. There are also exquisite gifts and greeting cards available in the Cafe gift shop and the Garden gift shop.

The fully licensed, multi award winning Garden Cafe is open daily serving a selection of lunches, coffees, teas and a variety of delicious cakes, with seating either al fresco or inside in the beautiful covered terrace area.

Group bookings strictly by appointment. Group menus available.

Plenty of free parking and a coach park.

Free entrance to restaurant, plant centre and shops.

Fee for garden: Adults £4.95, OAP £4.75, Children £3.75, Groups of 15 or more £4.50.

Situated off the A27, westbound, 0.5 miles west of Fontwell roundabout.

DENMANS GARDEN
Denmans Lane, Fontwell, West Sussex, BN18 0SU
Tel: 01243 542808
Email: Denmans@denmans-garden.co.uk
Website: www.denmans-garden.co.uk
OPEN DAILY 10AM TO 4PM ALL YEAR ROUND

SATURDAY'S TV 10.08.13

Listings supplied by Press Association

CHOICE

Keri Russell

The Americaas
ITV, tL50pm

If you want to make a hit American sagas you need at least one protagonist with a dark secret who's keeping their crimes under wraps. Like Dexter and Breaking Bad that reliable formula has also worked a treat for this series. In the latest offering, Elizabeth (Keri Russell) is bent on revenge after learning of the assassination of a Soviet General whom she knew from her former years as an agent. Philip (Matthew Rhys) offers to help while taking a step forward in their separation. The question is has their teamwork given the FBI a clue as to their identity?

BBC1

6.00 Athletics: World Championships 9.30 Saturday Kitchen Rest Bites 11.00 BBC News: Regional News; Weather 11.15 Athletics: World Championships
B 50 BBC News: Regional News; Weather
B.45 That Puppet Game Show New series. Family entertainment show in which two celebrities, beginning with Jonathan Ross and Katherine Jenkins, compete in a number of challenges hosted by a group of puppets.
7.30 I Love My Country Melanie C, Chelsea Healey, Jonnin Fiancck, Christine Bleakley, Larry Lamb and Len Goodman demonstrate their knowledge of all things British.
B 20 The National Lottery: Break the Sne Nick Knowles hosts the game show in which three pairs compete in several quiz rounds, including the National Lottery results, presented by Matt Johnson.
B 1C Casualty Part one of two. New nurse Rita is late for her first shift when she deals with an injured neighbour while Jamie minds with an asylum seeker she scared to reveal his gay.
10 00 Mrs Brown's Boys Newlyweds Dermot and Maria argue. (R)
10 30 BBC News: Weather National Lottery Update.
10.50 Michael Mcintyre's Comedy Roadshow Featuring Jason Manford, Joan Rivers, Sarah Millican and Mick Ferry. (R)
11 35 The Football League Show
12 50 Weatherview 12 55 BBC News

BBC2

6.00 This Is BBC Two. 6.30 Film: China Sky (1945) 7.45 Film: Pot O' Gold (1941) 9.10 Real History of Britain. (R) 9.40 The Private Life of Plants. (R) 10.30 Athletics: World Championships 11.15 University Challenge. (R) 11.45 The Sky at Night. (R) 12.15 Film: Carve Her Name with Pride (1958) 2.00 Escape to the Country. (R) 2.30 Escape to China: A Culinary Adventure. (R) 3.30 Wild China. (R) 4.30 Final Score. 5.15 Flog It (R)
6.00 Natural World — Sri Lanka: Elephant Island Wildlife cameraman Martyn Colbeck travels to the diverse country to study its elephants, a subspecies of the Asian species which have their own unique characteristics. (R)
7 00 Proms Extra 2013 Including a review of Mitsuko Uchida's performance of Beethoven's Piano Concerto No 4
7.40 Dad's Army Mainwaring tries to get equipment for the platoon. (R)
8 10 David Starkey's Music & Monarchy The historian examines the Crown's rediscovery of the power of pageantry and ceremony and the revival of British music in the 19th and 20th centuries. Last in the series.
8 10 Top of the Lake Robin suspects one of Tui's friends is stealing Jolf for her and could be the baby's father while Matt Mitcham sends a posse of hunters into the Bush to find his daughter.
10 10 Dl XL With Ninn Cnnd, Sean Lonk and Bill Bailey. (R)
10 55 Film: Hamlet 2 (2008) Comedy with Steve Coogan.
12.20 Film: Taxisi (2006) 1 50 This Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. 8 15 Jake and the Neverland Pirates. 8 25 Peppy Cat. 6.40 Peppy Cat. 6.50 Cantmals. (R) 7.00 Cantmals. (R) 7.10 Bookaloo. (R) 7.20 Kick Buttowski – Suburban Daredevil. 7.35 The Avengers: Earth's Mightiest Heroes! 8.00 Gravity Falls. 8.25 ITV News. 8.30 Dinner Date. (R) 9.25 Saturday Cookbook. (R) 10.20 Murder: She Wrote. (R) 11.20 Saturday Farm. 12.20 Countryside. (R) 12.35 ITV News: Weather. 12.40 All Star Mr & Mrs. (R) 1.45 Film: Smokey and the Bandit (1977) 3.30 Midsommr Murdrrs. (R) 5.30 Regional Programme: Wnnther 5.45 ITV News: Weather
B 00 You've Been Framed! Hosted by Harry Hill narrates a comical selection of mishaps filmed by viewers, featuring unfortunate tots and a mountain of five teenagers in pain. (R)
6 30 You've Been Framed! Featuring fun in the sun. (R)
7 00 I Im Harry Potter and the Goblet of Fire (2005) The teenage wizard is chosen to represent Hogwarts School in a dangerous magical tournament. Fantasy starring Dnnnl Radnlitfe
9 55 The Americans When a fellow KGB officer is assassinated, Elizabeth takes matters into her own hands and plots revenge on the CIA bureaucrat responsible for giving the kill order.
10 45 ITV News: Weather
11 00 I Im Public Enemies (2009) Fact-based crime drama, starring Johnny Depp and Christian Bale.
1 30 Jackpot247 3 00 The Jeremy Kyle Show (R) 3.45 ITV Nightscreen

CHANNEL 4

6.10 The Treacle People. (R) 6.30 The Hoobs. (R) 6.45 VW Racing Cup. 7.10 The Grid. 7.40 FIM Speedway World Championship. 9.10 The Monnr y Line. 9.10 Everybody Loves Raymond. (R) 9.40 Everybody Loves Raymond. (R) 10.10 Frasier. (R) 10.40 Frasier. (R) 11.10 The Big Bang Theory. (R) 11.40 The Big Bang Theory. (R) 12.10 The Simpsons. (R) 12.45 Undercover Boss Canada. (R) 1.45 Channel 4 Racing. 4.10 Come Dine with Me. (R) 4.40 Come Dine with Me. (R) 5 10 Come Dine with Me. (R) 5 40 Come Dine with Me (R)
B 10 Come Dine with Me Admin worker Jessica Carroll hosts the final party in Llnnolnshire. Despite a lack of culinary knowledge she hopes her Chinese menu and unusual pet will impress the guests. (R)
8 40 Channel 4 News.
7.00 Grand Designs Kevin McCloud catches up with architectural designer Lincoln Miles and his wife artist Lisa Traxler who transformed a 1970s bungalow on the Isle of Wight. (R)
8 00 I Im. Transformers Revenge of the I Ills (2009) Thn shape-changing robots fight Im control of a machinn hidrtnn somewhere on Earth with the power to destroy planets. Sci-fi adventure sequel with Shia LaBnouf and Megan Fox.
10 50 I Im Braveheart. (1995) Oscnr winning historical epic directed by and starring Mel Gibson.
2.55 Hollyoaks. (R) 4.05 Deal or No Deal: Dealfest. (R) 5.00 Countdown. (R) 5.45 Baking Mad with Eric Lanlnrd. (R)

CHANNEL 5

6.00 Milkshake! 10.15 Power Rangers: Megaforce 10.50 Slugterra 11.10 Inside Hollywood 11.15 Big Brother: Live Evictions. (R) 12.45 World's Busiest Train Station. (R) 1.45 Film: Hell Boats. (1970) 3.40 Film: Colonel Is Afraid in the Rain. (1932) 5.30 Film: Jesse Stone, Innocents Lost. (2011)
7.00 Cricket: The Ashes England v Australia. Mark Nicholas presents action from the second day of the Fourth Test at the Emirates Durham International Cricket Ground, where this five-match series continues.
8 00 NCIS A Navy recruitment officer is murdered at a high school and the agents receive help from Ducky's professor in their search for the killer. (R)
9 50 5 News Weekend
10 00 Big Brother Highlights of another 24 hours in the Big Brother house, including coverage of the latest eviction as seen from the point of view of the contestants
11.00 Big Brother's Bit on the Psych Psychological analysis of the housemates' behaviour
12.00 SuperCasino 4 03 Wildlife SOS. (R) 4.25 Make It Big. (R) 4.50 Rosary thn Racing Car. (R) 5 00 Angels of Jnrm. (R) 5 10 Hana's Helpline. (R) 5.20 Angels of Jnrm. (R) 5.25 The Funky Valley Show. (R) 5.40 Rosary thn Racing Car. (R) 5 50 Hana's Helpline. (R)

DIGITAL

BBC Three
7 00 The Premier League's Most Amazing Moments 9 00 The Hirdan Prom 2013 10 30 Russell Howard's Good News 11 00 Finally Guy

BBC Four
7.00 Nature's Microworlds 7 30 Elstefodfod 2013 with Stan Williams. 8 00 Inside the Perfect Predator 9 00 Sebastian Bergman 10.30 Top of the Pops 1977. Big Hits 11 30 Blondie: One Way or Another

ITV2
3.35 Film: A Cinderella Story (2004) 4 00 I Im. Step Up (2006) 7 00 You've Been Framed! 8 00 Film: Thn Rounn Identity (2002) 11 20 Film: Hannibal (2001)

ITV3
3 00 Film: Pride and Prejudice (2005) 5.35 Agatha Christie's Poirot 6.45 Foyles War 8 00 Lewis 11 00 Wire in the Blood

ITV4
3 40 British Touring Car Championship 5 15 Live Pre-Season Football: Tottenham Hotspur v Espanyol (Kick off 5.30pm). Coverage of this fixture at White Hart Lane, where Spurs play their final match before the start of the Premier League season. 8.30 World of Sport: Petrol Heads 8 00 Black Gold 9.00 Hell on Wheels 10 00 Film: Natural Born Killers (1994)

E4
5 30 The Mindy Project 8 00 Thn Big Bang Theory 7 30 Sudurgatory 7.30 How I Met Your Mother 8 30 Happy Endings 9 00 Film: He's Just Not That Into You (2009) 11 30 Phonn5hop

Film4
2 55 Ever After: A Cinderella Story (1998) 5 15 Arrietty (2010) 7 15 (500) Days of Summer (2009) 9 00 Road to Perdition (2002) 11 15 Sorority Row (2009)

SUNDAY'S TV 11.08.13

CHOICE

Faye Marsay

The White Queen
BBC1, 9pm

It's a testament to this period drama that we're still gripped, even though you don't need to be an amateur historian to know what's going to happen to some of characters. So we can all nod knowingly this week as the new king is feeling a bit jumpy about his enemies. His wey of dealing with the threat is to honour those he knows are loyal to him, but his wife has a different approach as she talks to Brackenbury in secret. Meanwh le Elizabeth is so desperate for allies she even accepts an offer of help from Margaret Beaufort, despite her daughter's warnings.

BBC1

8.00 Athletics: World Championships 10 00 Sunday Morning Live 11 00 Hamns Under the Hammer. (R) 12.00 BBC News: Weather 12.10 The One Show: Best of Britain. (R) 12.40 Countryfile. (R) 1.35 Bargain Hunt. 2.05 Escape to thn Country. (R) 2.55 Songs of Praise. 3.30 Athletics: World Championships
7 05 BBC News: Regional News; Weather
7.30 Celebrity Mastermind Famous faces take to the black chair in this specialist and general knowledge quiz. (R)
8 00 Countryfile John Craven is in Northumberland, where he joins in search of the elusive white-headed dolphin and visits a Bronze Age burial site. Tom Heap investigates GM technology.
8 00 The White Queen Anne Wernes thn Elizabeth is still a threat and plots to kill the princes in the tower so the former queen is forced to accept Margaret Beaufort's offer of help.
10.00 BBC News: Regional News; Weather
10 25 Room 101 — Extra Storage Frank Skinner chats to Greg Davies, Ben Fogle and Janet Street-Porter about their pet hates, which include people who use suitcases on wheels, multichannel TV and lifeless bodies. (R)
11 05 That Puppet Game Show Family entertainment show. (R)
11 40 Film: Wlla a Date with Tad Hamilton! (2004) Romantic nomndy starring Kate Bosworth, Topher Grace and Josh Duhamel
1 15 Weatherview 1 20 BBC News

BBC2

9 00 This Is BBC Two. 9 15 Film: Angel on My Shnuldnr (1946) 5 00 Around the World in 80 Gardens. Wlnnl (R) 5 00 Gardnnrs' Wnrld. (R) 5 50 The Reachgrove Gnrdnn 10 00 Saturday Kitchen Rest Bites 11 50 Rnmnnng Plann How to Cook Well. (R) 12.40 Coast. 12.10 EastEnders. 2.05 Film: Hans Christian Andersen. (1952) 3.55 The Makin' of King Arthur. 4.55 Film: First Knight. (1995)
7.00 The Battle for Malta. Historian James Holland analyses the Second World War battle for the strategically important Mediterranean island which was under siege by Axis forces for more than two years. (R)
8 00 Dragons' Den New series. Interior designer Kelly Hoppen and mixed-martial-arts champion Rmer Pikrs Linney join Peter Jones, Deborah Meaden and Dnnnnn Bannatyne to evaluate a series of business pitches.
9 00 The Hairy Bikers Restornation Road Trip New series. Si King and Dave Myers meet enthusiasts mastering machinery from the Industrial Revolution, beginning with a visit to Pllolsley Colliery in Derbyshire.
10 00 Blackadder the Third Edmund gets caught up in the French Revolution. (R)
10 30 Nanni Simm Amsleil Live at the BBC The comedian performs his stand-up show at the Television Centre.
11 50 Film: The Visitor (2007) Drama with Danz Gurira.
1 10 Sign Zone: Countryfile. (R) 2 00 Hnlby City. (R) 3 05 This Is BBC Two.

ITV

8.00 CITV: Jnke and the Neverland Pirates. 8 15 Jake and the Neverland Pirates. 8 25 Peppy Cat. (R) 8 40 Poprly Cat. 8.50 Cantmals. (R) 7.00 Cantmals. (R) 7.10 Sockaroo. (R) 7.20 Kick Buttowski: Suburban Daredevil
7.35 The Avengers: Earth's Mightiest Heroes! 8.00 Scrnny with a Chance. 8.25 ITV News. 8.30 Country House Sunday. 9.25 The Jeremy Kyle Show. USA. 10.20 Murder: She Wrote. (R) 11.20 ITV News: Weather. 11.30 Ade in Britain. (R) 12.30 I owe Your Gardnn. (R) 1 30 The Community Shield: Live 4.15 Film: Thn Mummy (1999)
6 30 Regional Programme: Weather
8 45 ITV News: Weathnr
7 00 Tipping Point: Lucky Stars Comnetition Streat star Sue Cleaver (Eileen Grimshaw) This Morning's Mat Johnnnn and Olympic rowing, polo medallist Anna Watkins take part in the jazz show. Ben Shephard hosts.
8 00 All Star Mr & Mrs. With Connnetion Street's Jann Dnnnsn and tommr no-star Robert Rnck. (2/05 Doctor Who Kate Lnkr and his wife and presenter Michaela Strachan with her partner. Last in the series.
9 00 Lsa & Order: UK An elderly woman is found dnad in her flat.
10 00 ITV News: Weather.
10 15 The Community Shield Highlights Manchester United v Wigan Athletic
11 15 Perspectives: Hugh Laurie – Down by the River (R)
12.15 Thn Store. 2.15 Monk. (R) 3.45 Motorsport UK. 4.35 ITV Nightscreen 5.00 The Jeremy Kyle Show (R)

CHANNEL 4

8.10 The Hoods. (R) 8.35 Ironman 2013. 7 00 London Triathlon. 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.50 Shndny Rnunnh. 12.30 The Big Bang Theory. (R) 1.00 Thn Big Bang Theory. (R) 1.25 The Simpsons. (R) 2.00 Deal or No Deal. 3.00 Film: Bride Wars. (2009) Comedy, starring Kate Hudson and Anne Hathaway. 4.45 Film: Easy Virtue (2010) Franklen Romantic comedy starring Amy Adams and Matthew Cnnnr.
6 40 Channel 4 News.
7 00 Kirstie's I Ill Your House for Free Krnstie Allsopp and the team fit a family home with somnnstudy and stylish pieces and transform a couple's bedroom, complete with a dnspnke dressing table – all for free. (R)
8 00 The Mill Rodnrt arranges to relocate Susannah nftnr landing out with the father of her nnhll's while Lucy discovers her sister never returned to thn workhouse.
9 00 Soldeille Claire struggles to accept her daughter's death. Paul tries to compensate for the bad husband and father he has dnnn and David's secret about Morton begins to take hold of him.
10 00 I Im. Tds Number 23 (2007) Frantnere. A man develops a deadly fixation with thn number 23 after reading a novel with startling similarities to his own life. Thriller starring Jim Carrey and Virginia Madsen.
12 00 I Im. Vmlls Sky (2001)
2 15 Phil Spencer: Secret Agent (R) 3 10 Sennet Esters: (R) 4 45 Deal or No Deal: Dnalfest. (R) 5 00 Countdown. (R) 5 45 Baking Mad with Eric Lanlnrd. (R)

CHANNEL 5

8 00 Milkshake! Peppa Pig. 9.00 Ponny the Racing Car (R) 9.15 Fifi and the Flownnots. (R) 9.25 Bubble Guppies. (R) 9.35 The Mr Men Show. (R) 9 00 Chloe's Closet 7 00 Pnddarn and Custard Tnrts. (R) 7 10 Bananas in Pnnamas. (R) 7.20 Castle Farm. (R) 7.25 Rosary thn Tortoise. (R) 7.40 City of Friends. (R) 7.50 Milkshake! Monkey (R) 8.55 Little Princess. (R) 9.10 The Adventures of Tottle Toll and His Best Friend Cnrky. (R) 9.25 Angelina Ballerina. (R) 9.40 Milo Man. (R) 9.45 Bugs Bear. (R)
8 40 Ann and Hoby's Little Kingdom. (R) 8 15 Tnny's Travelling Circus. 8 25 Rosary thn Racing Car. (R) 8 40 Jelly Jamm 10 00 Brnt and Ernie's Great Adventures. (R) 10 10 Power Rangers Samurai. (R) 10 40 Slugterra. 11 05 Highland Emergency. (R) 11 35 Big Brothn (R) 12 50 PS BOTS. Ryian's Supersized Celebrity Sunday 1 30 The Hotel Inspector Returns. (R) 2 30 Film: An American Tail: Fievel Goes West. (1991) 4 00 Film: Tinker Bell. (2008) 5 30 I Ilm. Dnnn Season 2. (2008)
B 55 5 News Weekend
7 00 Cricket: The Ashes England v Australia
8 00 Dana Upon a Time Neals Jnnnee Tamara reveals her true colours
8 00 Big Brother Daily round-up of highlights
10 00 I Im. Sheet Em Up (2007) Action adventure starring Clive Owen
11 45 Film: The Dntnnalor (2006) 1 25 SuperCasino 4 00 Wildlife SOS. (R) 4.25 Make It Big. (R) 4 00 Rosary thn Racing Car. (R) 5 00 Angels of Jnrm. (R) 5 05 Hana's Helpline. (R) 5 20 Angels of Jnrm. (R) 5 25 Thn Funky Valley Show. (R) 5 40 Rosary thn Racing Car. (R) 5 50 Hana's Helpline. (R)

DIGITAL

BBC Three
7 00 Shnpllfe B 00 Great Movie Mistakes 2. The Sequel 9 15 Film: Shanghai Nnon (2000) 10 00 Family Guy 10 45 Bnrhats 11 15 Amnnnan Dad!

BBC Four
7 00 The Wnndrr of Weeds 8 00 Edinburgh Festival: A Review Show Special 9 00 Seven Ages of Starlight 10 30 Natural World: Polar Bears and Grizzlies – Bears on Top of the World 11 20 Alan Whicker's Journey of a Lifetime

ITV2
3 10 Film: Whnn Girl Wants (2003) 5 10 Film: Sing Up 2: The Streets (2009) 7 15 Film: Johnny English (2003) 9 00 Film: Troy (2004) Epic adventure starring Brad Pitt.

ITV3
2 55 Lewis 5 05 Agatha Christie's Poirot 9 00 Film: Something's Gotta Give (2003) 11 40 A Touch of Frost

ITV4
3 55 Film: Flash Gordon (1980) 8 10 Film: Folicn Academy 4 Citizens on Patrol (1987) 9 00 Prmtr ershlp Rugby Union Sevens 9 00 Fraud Squad 10 30 I Ilm Raging Bull (1980)

E4
3 30 How I Met Your Mother 5 30 The Mindy Project 8 00 Thn Big Bang Theory 7 30 New Girl 8 00 Film: 27 Dresses (2008) Romantin nomndy starring Katherine Hnigl and James Marsdnn. 10 10 The Inbetweeners 10 40 Skins: Rise Are Two 11 40 Don't Trust the B***** in Apartment 23

Film4
3 10 The Towering Inferno (1974) 8 20 Wall Street: Money Never Sleeps (2010) 11 00 Din Hnrd 4 0 (2007) 11 30 House of Flying Daggers (2004)

Monday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999 (R) 11.45 Don't Get Done, Get Dom. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. (R) 3.45 Escape to the Country. (R) 4.30 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. A revelation pushes Lauren to breaking point; BBC News Regional News. 8.00 Holly Cally Chrissie's secrets mount as she prepares to have another scan. 8.00 New Tricks. Brian believes he's days with Joes are numbered. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 Football's Suicide Secret. Clarke Carlisle investigates depression in football. 11.35 Later With. (R) 12.25 Weatherview. 12.30 BBC News.

BBC2 6.00 The Ts BBC Two. 6.15 Athletics: World Championships. Live coverage of day three at the Luzhniki Stadium in Moscow. 10.35 Click. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film The Importance of Being Earnest. (1952) Oscar Wilde comedy starring Michael Redgrave. 1.30 Weakest Link. (R) 2.15 Classic Masterm nd. (R) 2.45 The A to Z of TV Gardening. (R) 3.30 Athletics: World Championships. Further live coverage of day three at the Luzhniki Stadium in Moscow. 7.30 Wild Cameramen at Work. 8.00 University Challenge. 8.30 Raymond Blanc: How to Cook Well. 9.00 Horizon — Monitor Me. 10.00 QI. (R) 10.30 Newsnight. Weather. 11.20 Make Me a German. (R) 12.20 Sign Zone. The Hong Game. National World Special. (R) 1.20 The Ts BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Food Facts & Fiction Tonight — Where Does Our Food Come From? 8.30 Coronation Street. 9.00 Long Lost Family. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Del Boy Dom. (R) 11.05 Monk. (R) 12.00 Jackpot247. 3.00 The Jeremy Kyle Show. (R) 3.55 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Hugh's 3 Good Things. Best Bites. 7.15 Accomp to Jim. (R) 7.40 Will & Grace. (R) 8.05 Fraser. (R) 8.35 Frasier. (R) 9.05 Everybody Loves Raymond. (R) 9.35 Everybody Loves Raymond. (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. (R) 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 Kirstie's Vintage Gems. 1.20 Film Vaughan Incident. (1957) Film based novel adventure starring Richard Todd. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Ryanair: Secrets from the Cockpit — Channel 4 Dispatches. 8.30 Food Unwrapped. 9.00 Benefits Britain 1949: 10.00 Ramsay's Hotel Hell. 11.05 Random Acts. 11.10 Coming Up. 11.40 How to Get a Council House. (R) 12.35 Dates: (R) 1.05 Marbs. 2.00 Nashville. 2.40 Southland. (R) 3.25 Phil Spencer: Secret Agent. (R) 4.20 Deal or No Deal: Deal for Real.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Nurses. 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 An mal A&E. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.10 Film A Time to Remember. (2003) Drama, starring John Delany. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 An mal A&E. (R) 6.30 NewsTalk Live. 7.00 Cricket: The Ashes: 5 News Update. 8.00 The Billion Dollar Wreck Hunt. 5 News at 9. 9.00 Big Brother. 10.00 My Cyberstalking Hell: Liz McClarnon. 11.00 Big Brother's Bit on the Side. 12.00 The Walking Dead. 12.55 SuperCasino. 4.00 Great Artists. (R) 4.25 Divine Designs. (R) 4.50 House Doctor. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999. (R) 11.45 Don't Get Done, Get Dom. (R) 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. (R) 3.45 Escape to the Country. (R) 4.30 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. A revelation pushes Lauren to breaking point; BBC News Regional News. 8.00 Holly Cally Chrissie's secrets mount as she prepares to have another scan. 8.00 New Tricks. Brian believes he's days with Joes are numbered. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 Football's Suicide Secret. Clarke Carlisle investigates depression in football. 11.35 Later With. (R) 12.25 Weatherview. 12.30 BBC News.

BBC2 6.00 The Ts BBC Two. 6.15 Athletics: World Championships. Live coverage of day four at the Luzhniki Stadium in Moscow. 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film The Long and the Short and the Tall. (1960) Second World War drama starring Laurence Harvey. 1.45 The Super League Show. 2.30 Classic Masterm nd. (R) 3.00 Animal Park. (R) 3.30 Athletics: World Championships. Further live coverage of day four at the Luzhniki Stadium in Moscow. 7.30 Wild Cameramen at Work. 8.00 Count Arthur Strong. 8.30 The Cruise: A Life at Sea. 9.00 India's Supersize Kids. 10.00 Family Tree. 10.30 Newsnight Weather. 11.20 Horizon — Monitor Me. (R) 12.20 Sign Zone. The Iraq War. (R) 1.20 The Ts BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Food Facts & Fiction Tonight — What's in Our Food? 8.00 Love Your Garden. 9.00 On the Run. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Morgan's Life Stones. Joan Collins. (R) 11.35 In Plain Sight. 12.25 Jackpot247. 3.00 The Jeremy Kyle Show. USA. 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Treacle People. (R) 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Hugh's 3 Good Things. Best Bites. 7.10 Accomp to Jim. (R) 7.35 Will & Grace. (R) 8.00 IPC Swimming World Championships 2013. 9.00 Fraser. (R) 9.35 Everybody Loves Raymond. (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. (R) 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 SuperScrimpers. (R) 1.20 Film Carry On Cabby. (1963) Comedy, starring Sid James and Hattie Jacques. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Ryanair: Secrets from the Cockpit. 8.30 Food Unwrapped. 9.00 Benefits Britain 1949: 10.00 Ramsay's Hotel Hell. 11.05 Random Acts. 11.10 Coming Up. 11.40 How to Get a Council House. (R) 12.35 Dates: (R) 1.05 Marbs. 2.00 Nashville. 2.40 Southland. (R) 3.25 Phil Spencer: Secret Agent. (R) 4.20 Deal or No Deal: Deal for Real.

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Nurses. 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 An mal A&E. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.10 Film Murder Among Friends. (2001) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 An mal A&E. (R) 6.30 NewsTalk Live. 7.00 Cricket: The Ashes: 5 News Update. 8.00 The Black Panther Murders. Born to Kill? 9.00 Live at 9. 9.00 CSI: NY. 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 CSI: Crime Scene Investigation. (R) 12.55 SuperCasino. 4.00 Great Artists. (R) 4.25 Divine Designs. (R) 4.50 House Doctor. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999. (R) 11.45 Don't Get Done, Get Dom. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. (R) 3.45 Escape to the Country. (R) 4.30 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Rip Off Food: BBC News. Regional News. 8.00 Celebrity MasterChef. 9.00 Who Do You Think You Are? 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Call Centre. 11.35 Film. A Lot Like Love. (2005) Romantic comedy, starring Ashton Kutcher. 1.15 Weatherview. 1.20 BBC News.

BBC2 6.00 This is BBC Two. 6.30 Athletics: World Championships. Live coverage of day five at the Luzhniki Stadium in Moscow. 8.30 Sign Zone. Rick Stein's India. (R) 10.00 The Chef's Protege. (R) 10.30 The Chef's Protege. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Coast. (R) 12.05 Film Wuthering Heights. (1939) Period drama starring Merle Oberon and Laurence Olivier. 1.45 Weakest Link. (R) 2.30 Class c Masterm nd. (R) 3.00 The A to Z of TV Gardening. (R) 3.45 A Taste of My Life. (R) 4.15 Jamie's Return to the Ring of Fire. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Athletics: World Championships. 8.30 Moscow: The Cold War Olympics. 7.00 Dig WW2 with Dan Snow. (R) 8.00 Restoration Home. 9.00 Queen Victoria's Children. (R) 10.00 The Secret Dealers: Leonardo da Vinci. The Antonioni. 10.30 Newsnight: Weather. 11.20 Dara O Briain's Science Club. (R) 12.20 Sign Zone. Austria's with Simon Reeve. (R) 1.20 The Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Live International Football. England v Poland. 10.00 ITV News. 10.25 ITV News Weather. 10.55 ITV News London. Weather. 11.05 International Football Highlights. 12.00 The Dales. (R) 12.30 Jackpot247. 3.00 Film. Escape to Victory. (1981) Second World War adventure starring Michael Caine. 5.00 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.00 The Treacle People. (R) 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Hugh's 3 Good Things. Best Bites. 7.10 Accomp to Jim. (R) 7.35 Will & Grace. (R) 8.00 IPC Swimming World Championships 2013. 9.00 Fraser. (R) 9.35 Everybody Loves Raymond. (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. (R) 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 Kirstie's Handmade Treasures. 1.35 Film When Eight Bells Toll. (1971) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 How Not to Get Old. 9.00 24 Hours in A&E. 10.00 The Last Leg. 10.50 Im Spaztacus. 11.25 8 Out of 10 Cats Does Countdown. 12.25 Film Stop-Loss. (2008) Shameless USA. 1.20 Film: Stop-Loss. (2008) Military drama, starring Ryan Phillippe. 3.10 Phil Spencer: Secret Agent. (R) 4.05 Deal or No Deal. (R) 5.00 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Traders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 An mal A&E. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film. Sahara. (2005) Romantic drama starring Jodi Lyn O'Keefe and Justin Bruening. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 An mal A&E. (R) 6.30 NewsTalk Live. 7.00 Emergency Rakers. (R) 5 News Update. 8.00 Nurses. 5 News at 9. 9.00 Big Brother. 10.00 Love Hate. 11.10 Big Brother's Bit on the Side. 12.10 National Heads Up Poker Championships. 1.05 SuperCasino. 4.00 Great Artists. (R) 4.25 Divine Designs. (R) 4.50 House Doctor. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999. (R) 11.45 Don't Get Done, Get Dom. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.40 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. (R) 3.45 Escape to the Country. (R) 4.30 Flog It! (R) 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. Kirsty is shocked when she is attacked by a familiar face; BBC News Regional News. 8.00 Celebrity MasterChef. 9.00 Paul O'Grady's Working Britain. The comedian presents the first of two programmes exploring the British working class. 10.00 BBC News. 10.25 Regional News. 10.35 Who Do You Think You Are? (R) 11.35 Film Proof. (2005) Drama starring Gwyneth Paltrow. 1.10 Holiday. Weatherview. 1.15 BBC News.

BBC2 6.00 The Ts BBC Two. 6.30 Athletics: World Championships. Live coverage of day six at the Luzhniki Stadium in Moscow. 9.05 Sign Zone. The Chef's Protege. (R) 10.00 The Chef's Protege. (R) 10.35 The Chef's Protege. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film Rampage. (1963) Romantic adventure starring Robert Mitchum. 1.35 Weakest Link. (R) 2.20 Class c Masterm nd. (R) 2.50 The A to Z of TV Gardening. (R) 3.35 Athletics: World Championships. Further live coverage of day six at the Luzhniki Stadium in Moscow. 7.00 Dig WW2 with Dan Snow. (R) 8.00 Doctor Who's Scientific Secrets. 9.00 The Men Who Made Us Thin. 10.00 Rhod Gilbert's Work Experience. 10.30 Newsnight: Weather. 11.20 The Men Who Made Us Fat. (R) 12.20 Sign Zone. Broken by Battle. (R) 1.20 The Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Food Facts & Fiction Tonight — The Healthy Tapas. 8.00 Love Your Garden. 8.30 Coronation Street. 9.00 My Dwarf Family. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Secret Life of Dogs. (R) 11.35 Murder She Wrote. (R) 12.25 Jackpot247. 2.00 Food Facts & Fiction Tonight — The Health Traps. (R) 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Hugh's 3 Good Things. Best Bites. 7.10 Accomp to Jim. (R) 7.35 Will & Grace. (R) 8.00 IPC Swimming World Championships 2013. 9.00 Fraser. (R) 9.35 Everybody Loves Raymond. (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. (R) 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.05 Kirstie's Handmade Treasures. 1.35 Film Dinosaurs Rest. (1963) Comedy drama starring John Wayne and Lee Marvin. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 How Not to Get Old. 9.00 24 Hours in A&E. 10.00 The Last Leg. 10.50 Im Spaztacus. 11.25 8 Out of 10 Cats Does Countdown. 12.25 Film Stop-Loss. (2008) Shameless USA. 1.20 Film: Stop-Loss. (2008) Military drama, starring Ryan Phillippe. 3.10 Phil Spencer: Secret Agent. (R) 4.05 Deal or No Deal. (R) 5.00 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Cowboy Builders. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 An mal A&E. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.10 Film. On Hostile Ground. (2000) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 An mal A&E. (R) 6.30 NewsTalk Live. 7.00 Police, Interceptors. (R) 5 News Update. 8.00 Why Did Oscar Pistorius Kill Our Daughter? (R) 5 News at 9. 9.00 The Hotel Inspector Returns. (R) 10.00 Big Brother. 11.00 Big Brother's Bit on the Side. 12.00 SuperCasino. 4.00 Great Artists. (R) 4.25 Divine Designs. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer (R) 11.00 Countryside 999. (R) 11.45 Don't Get Done, Get Dom. (R) 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.10 Only Fools and Horses. (R) 3.00 Perfection. (R) 3.45 Escape to the Country. 4.30 Flog It! 5.15 Pointless. (R) 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 Nigel Slater's Dish of the Day. (R) 8.00 BBC News. Regional News. 8.00 EastEnders. 8.30 Celebrity MasterChef. Previous winners Emma Kennedy, Phil Vickery and Lisa Faulkner help judge the contestants' dishes. 9.00 Big School. 9.30 Mrs Brown's Boys. (R) 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 Would I Lie to You? (R) 11.05 Premiere. 11.40 Film. Adulthood. (2008)

BBC2 6.00 The Ts BBC Two. 6.30 Athletics: World Championships. Live coverage of day seven at the Luzhniki Stadium in Moscow. 9.15 Sign Zone. Saints and Scroungers. (R) 10.00 Malandes: Islands in the Edge. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Film. Wonder Man. (1945) Comedy musical starring Danny Kaye and Virginia Mayo. 1.35 Weakest Link. (R) 2.20 Class c Masterm nd. (R) 2.50 The A to Z of TV Gardening. (R) 3.35 Athletics: World Championships. Further live coverage of day seven at the Luzhniki Stadium in Moscow. 7.00 Dragons' Den. (R) 8.00 Masterm nd. 8.30 Gardeners' World. 9.00 The Burrowers. 10.00 The Trip. (R) 10.30 Newsnight: Weather. 11.05 Film. Master Spy: The Robert Hanssen Story. (2001) Biopic of the record producer starring Cary O'Neill. 1.00 Sign Zone. David Starkey's Music & Monarchy. (R) 2.00 The Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Tipping Point. (R) 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Storage Hoarders. 3.00 Secret Dealers. 3.59 ITV London Weather. 4.00 Midsomer Murders. (R) 5.00 Take on the Twisters. 6.00 ITV News London. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Food Facts & Fiction Tonight. The Secret Endless Diet. 8.30 Coronation Street. 9.00 Doc Martin. (R) 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film DOA: Dead or Alive. (2006) Action adventure starring Jaime Pressly. 12.10 Jackpot247. 3.00 Film. Columbo: Short Fuse. (1972) Detective drama, starring Peter Falk and Buddy McDowall. 4.20 ITV Nightscreen.

Channel 4 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Hugh's 3 Good Things. Best Bites. 7.10 Accomp to Jim. (R) 7.35 Will & Grace. (R) 8.00 IPC Swimming World Championships 2013. 9.00 Fraser. (R) 9.35 Everybody Loves Raymond. (R) 10.05 The Big Bang Theory. (R) 10.35 The Big Bang Theory. (R) 11.00 Undercover Boss USA. (R) 12.00 Channel 4 News Summary. 12.05 A Place in the Sun: Summer Sun. (R) 1.10 Film Please Sir. (1971) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Four Rooms. 9.00 8 Out of 10 Cats Does Countdown. 10.00 Lee Mack Live. (R) 11.05 Rude Tube. (R) 12.10 Random Acts. 12.15 Film. Mr Nice. (2010) 2.15 Saw. (R) 3.30 Phil Spencer: Mindy Project. 3.40 The Ricky Gervais Show. 3.45 There is a Deal. (R) 4.20 Deal or No Deal. (R) 5.15 Kirstie's Homemade Home. (R) 5.20 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 The Million Dollar Wreck Hunt. (R) 12.10 5 News Lunchtime. 12.15 Big Brother. (R) 1.15 Animal A&E. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.10 Film. Wandering Eye. (2010) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 An mal A&E. (R) 6.30 NewsTalk Live. 7.00 Building the International Space Station. (R) 5 News Update. 8.00 Pistorius Trial: The Key Questions. (R) 5 News at 9. 9.00 Big Brother Live Eviction. 10.30 Big Brother's Bit on the Side. 11.30 Big Brother Live from the House. 12.00 SuperCasino. 4.00 Motorsport Mundial. 4.25 Divine Designs. (R) 4.50 House Doctor. (R) 5.10 Wildlife SOS. (R)

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Food & Drink

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World's first test-tube burger tasted in London

SCIENTISTS unveiled the world s first lab-grown beef burger in London on Monday, frying it in a little oil and butter and serving it to volunteers in what they hope is the start of a food revolution.

The tasters pronounced the 140-gram (five-ounce) patty, developed at a cost of more than 250,000 euros ($330,000) with backing from Google co-founder Sergey Brin, as "close to meat" in flavour and texture but not as juicy.

The so-called "cultured beef" – dubbed the "Frankenburger" – was made using strands of meat grown from muscle cells taken from a living cow, mixed with salt, egg powder and breadcrumbs and coloured with beetroot juice and saffron.

Professor Mark Post of Maastricht University in the Netherlands, who led the research, claimed it could eventually replace ordinary beef in the diets of millions of people and in so doing reduce the huge environmental pressure caused by raising livestock.

Post insisted the artificial beef is safe, promising to give the leftovers from Monday's tasting to his children.

"I ate it myself a couple of times with no hesitation whatsoever... I would feel perfectly comfortable letting them taste it," he told journalists at the tasting.

Post acknowledged that the technology was at a very early stage but predicted the meat could be on supermarket shelves in 10 to 20 years. "This is just to show that we can do it," he said.

The first public tasting took place at a west London theatre, where a professional chef cooked the round, pink patty over low heat at a kitchen counter similar to those used in TV cookery shows.

One of the volunteers, Austrian food researcher Hanni Rnetzler, cut into it carefully, before declaring: "It's close to meat. It's not that juicy, but the consistency is perfect!"

US-based author Josh Schonwald, the other volunteer, added: "The absence is the fat. There's a leanness to it. But the bite feels like a conventional hamburger."

He remarked that the whole experience was rather unnatural, jokingly complaining that he should have been allowed to try the beef with a little tomato ketchup.

The scientists took stem cells from organic cows and placed them in a nutrient solution to create muscle tissue, which then grew into small strands of meat.

The burger required 20,000 such strands, grown over three months.

Proponents of test-tube meat cite a variety of reasons for supporting it, from animal welfare to the environment and even public health – lab-created meat theoretically carries no risk of disease and is not treated with antibiotics.

According to a report from the UN Food and Agricultural Organisation, global meat production will more than double between 2000 and 2050, to 465 million tonnes.

Campaigners say such demand is putting unsustainable pressure on the planet, both through the feed required for the animals and the methane gas they produce, which contributes to global warming.

Animal rights group Peta has offered a prize of $1 million (750,000 euros) for the first lab to produce and bring to market in vitro chicken meat, and is funding research in the United States.

Google entrepreneur Brin stepped in to support the Maastricht project after funding from the Dutch government ran out.

"There are basically three things that can happen going forward. One is that we all become vegetarian. I don t think that's really likely," he said in a video message.

"The second is we ignore the issues and that leads to continued environmental harm, and the third option is we do something new."

Britain s Vegetarian Society questioned the need for such technology when people could just stop eating meat.

Post said: "We are catering for beef eaters eating beef in an environmentally friendly and ethical way. Let the vegetarians remain vegetarians."

Dr Neil Stephens, a sociologist based at Cardiff University who has studied test-tube meat, said it remained to be seen whether the public would accept it.

"It is so unusual, so ambiguous, that I think questions will be raised about whether this is meat at all," he said.

He added that it could be many years before the meat is ready to be sold to the public.

"Challenges include up-scaling production so that significant quantities can be made at a competitive price," he said.

"What will be interesting is, in the coming weeks, watching the response to see how many people are convinced by the technology."

Little Chef bought by Middle Eastern restaurant business

ROADSIDE restaurant chain Little Chef has been purchased by Kout Food Group, the Kuwait-based owner of several Burger King and KFC outlets.

The business has changed hands for around £15 million, and the new owners will retain the brand, over 1,000 jobs and all but two of the restaurants.

Kout Food Group already owns over 40 Burger King and KFC outlets and the Maison Blanc brand in the UK, and owns franchises for Burger King, Pizza Hut, Taco Bell and Applebee s in Kuwait.

Kout "has exciting plans to revitalise the Little Chef brand," Fadwa al-Homaizi, the chairwoman of Kout's UK operations told the BBC.

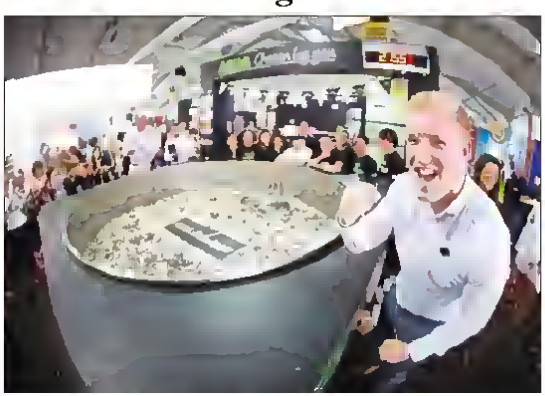
"Little Chef will benefit from a process of brand renewal in keeping with current trends, supported by traditional British values," she said.

Starting out with an 11-cover restaurant in Reading in 1958, the "Fat Charlie" mascot of the restaurant has been a familiar sight on Britain's A-roads and motorways since then, serving over 6 million customers each year.

RCapital made several changes to Little Chef since acquiring it following a spell in administration in 2007. Its outlets were cut from 234 to 83 and staff reduced from 4,000 to 1,100.

The turnaround firm is keeping two of Little Chef's largest sites, located on either side of the A34 in Sutton Scotney, Hampshire.

ASDA break the Guinness World Record for the largest cheesecake!



ASDA LOVE cheesecake – so much that they've made the biggest one in the whole world.

At the Nantwich International Cheese Show this week, their team helped create a massive 2,100kg blueberry cheesecake – breaking the Guinness World Record in the process!

The record-breaking cake was made form Chosen by you ingredients, including a biscuit base, soft cheese, cream cheese-cake mix, and blueberries. It took 30 people four days to make it.

Thomas Holmes, Asda customer planner for cheese, helped to lead the project.

He said: "Going for the world record cheesecake was tough going but we're all thrilled to have not crumbled under the pressure and bring that record back home to the UK – it was obviously meant to Brie!"

"The cheesecake looks and tastes fantastic and we'll be sampling it at the event over the next few days, before donating the rest to a local food charity."

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The secrets to longevity

Denise Kelly

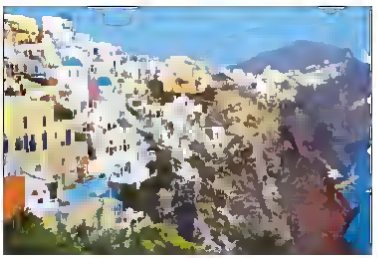
WHAT A fantastic week I have just had! My children and I went out to Santorini in Greece, to attend a very special friends wedding, and I have to say it has to be up there with the top 5 romantic locations for a wedding! If you have a fear of heights it may not be the place for you, as everything is built on the side of a cliff, but the bonus to that is the views are breathtaking! Everything is either up or down hill and it was a serious work out to get anywhere! It was an evening wedding and the sun was sparkling on the sea as it was setting. Everyone looked radiant from a few days of sunshine and it really was like a movie scene!

We all know about the health benefits of the Mediterranean diet, but did you know the inhabitants of a small Greek island live on average 10 years longer than the rest of Western Europe. So what's the secret to long life in this idyllic tiny island called Ikaria?

There is plenty of clean fresh air, and the friendly, easy-going, open-door lifestyle is relatively stress free. There are local fresh vegetables and goat's milk available in abundance and the mountainous terrain everywhere on Ikaria is up, or down, so getting around keeps you super fit. The secret could even be the natural radiation in the granite rocks! Whatever it may be, on average, the 8,000 residents live 10 years longer than most Europeans and in much better health to the very end. There are many significant factors about the islanders' lifestyle which might also contribute to their longevity. Even compared to a typical Mediterranean diet, Ikarian's eat a lot of fish and vegetables, and relatively low levels of meat. Six out of 10 of people aged over 90 are still physically active, compared with about 20% elsewhere. Most food is cooked in olive oil. Large quantities of wild greens and herbs are gathered from the hillsides for both food and medicinal purposes and many older people make a daily brew of mountain tea from dried herbs such as sage, thyme, mint, and chamomile and sweeten it with honey from local bees, claiming 'It cures everything'.

Other elements of lifestyle are also significant. Rates of smoking are relatively low, mid-day naps are the norm, the pace of life is slow and people socialize frequently with friends and family, drinking moderate amounts of wine. Extended families give older people an important role in society contributing to the fact that levels of depression and dementia are low.

As I always say, life is for thriving, not just surviving, and its not about living 100 years, it's about the quality of the years that you have. We could learn a thing or two from these people don't you think?



Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 0124 3 528040 www.denisekelly.co.uk

Use olives as your anti-histamine

Preparations from olives and olive leaves have been used in the treatment of inflammatory problems, including allergy related inflammation. As histamine is a molecule that can get overproduced in allergy-related conditions and can be a key player in the inflammatory process, it's likely that the anti-inflammatory benefits we get from olives involve this anti-histamine pathway. It's also possible that olives may have a special role to play as part of an overall anti-allergenic diet.

Brits a nation of exercise excuse makers

NEW RESEARCH shows the nation needs to lighten up when it comes to exercise, with over a third of us (33%) admitting we take it too seriously, and nearly two thirds (62%) coming up with weekly excuses to avoid it completely. The Saucony Kinvara 4 poll also revealed one third of us spend more time worrying about exercise than actually doing it.

Tiredness was the ultimate excuse (60%), with bad weather (34%) and feeling unwell (31%) next on the list. Other excuses ranged from bizarre to plain lazy - with 'a piece of cake is calling', 'broken shoelaces' and 'too much ironing' featuring in the poll.

Whilst three quarters (74%) of us admit we invent excuses to avoid exercise for our personal benefit only, nearly one in four (23%) conjure them up for the benefit of their partners. It's not just excuses either – with one fifth of us (19%) having lied about doing exercise when we haven't done any at all.

Excuses also differed between the sexes.

Tiredness (70% women vs 57% men)

Being hungover (12% men vs 5% women)

Having too much work (25% women vs 13% men)

"We're forgetting the fun side of exercise and either taking it far too seriously or conjuring up a raft of excuses to avoid it entirely. We want the nation to lighten up and enjoy themselves, whether that's going for a short run or hitting the gym. The Saucony Kinvara 4 is an award-winning training shoe that is so lightweight, just 220g***, it's a great way to literally help you lighten up!" said Jonathan Quint, Marketing Manager for Saucony UK and Ireland.

The UK regions needing to lighten up

Londoners are the biggest worriers, with a massive 44% admitting they could be more relaxed about their exercise – in particular running. The East Midlands were the most relaxed with just 16% in comparison.

Over two thirds (69%) of people from Northern Ireland admitted they have made up an excuse to avoid running, compared to just 43% of those from Yorkshire and the Humber.

East Midlands respondents use hangovers more than any other region (14%), compared to just 3% of East Anglians.

Nick Anderson, Saucony Coaching Ambassador and founder of fitness coaching company Running With Us, gives his top tips for ditching the excuses and enjoying exercise:

1. Buddy up with reliable friends who will stick to a training session meet up. If not, Hyde Park is like the M25 for runners – you'll never be alone which can help with motivation.

2 Treat it like a meeting – Ring fence time as a standing meeting with your Saucony Kinvara 4's even if it is just a 15-20 minute run.

3. Remember that however short your burst of exercise, it will always make you feel good.

4. Don't forget to snack and hydrate – being fed and watered helps you to stay energised. Don't let being disorganised with nutrition be an excuse.

5. Have a goal no matter how small – be realistic. Or have a cause and a reason to do your exercise. Don't do it just for the sake of it.

6. Make it fun – Run with a smile. Love every run and make every run count.

a. Run in your favourite park

b. Choose a new route every day

c. Run off road

d. Take your running shoes on holiday with you to explore and enjoy new surroundings

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The reinvention of the 1950s living room

HUGE growth in take-up of smartphones and tablets is creating a nation of media multi-taskers, Ofcom research reveals, transforming the traditional living room of our parents and grandparents into a digital media hub.

Ofcom's Communications Market Report 2013 reveals that people are still coming together to watch TV in the living room: 91% of UK adults view TV on the main set each week, up from 88% in 2002. However, an increasing array of digital media are now vying for their attention. People are streaming videos, firing off instant messages and updating their social media status – all while watching more TV than before.

These activities are mostly carried out using smartphones, with over half of adults (51%) now owning these devices, almost double the proportion two years ago (27%).

At the same time, tablet ownership has more than doubled in the past year, rising from 11% of homes to 24%. The average household now owns more than three types of internet-enabled device, with one in five owning six or more.

Over half (53%) of UK adults are now media multi-tasking while watching TV on a weekly basis. Watching other content on a different device is one of these activities.

A quarter (25%) are regularly 'media meshing' – doing something else but related to what they're watching on TV. Examples of media meshing include talking on the phone (16%) or texting (17%) about what they're watching, using social networks (11%) or 'apps' to communicate directly with programmes (3%). Younger people are most likely to use other media while watching TV (74%) with 44% media meshing.

The impact of media meshing was seen during the 2013 Wimbledon Men's tennis final, with 1.1 million people worldwide tweeting 2.6 million times using hashtags associated with the tennis final. Of these tweets, around 80% came from mobile devices.

The other major social phenomenon driven by digital devices is 'media stacking'. Half (49%) of people use their smartphones and tablets for completely unrelated activities while watching TV every week – such as surfing the net (36%), social networking (22%) or online shopping (16%).

Women are significantly more likely to 'media multi-task weekly (56% compared to 51% of men), as are those with children at home (66%).

While the average household owns at least three types of internet-enabled device, the TV set in the living room retains its importance. People are increasingly reverting to having just one TV in their household – 41% of households in 2012 compared with 35% in 2002. In the first quarter of 2013, half (52%) of 5-15 year olds had a TV in their bedroom. This compares to seven in ten (69%) in 2007. And the proportion of UK adults viewing via the main TV set has increased from 88% in 2002 to 91% in 2012.

Live TV accounted for 90% of all viewing in 2012, with the average viewer watching just over four hours of TV a day – 15 minutes more than in 2008. Viewers are also enjoying bigger screens in the living room. 'Jumbo' TV sets (43"+) accounted for 15.8% of sales in the first quarter 2013, a 4.3 percentage point increase on 2012.

Tablets are also supporting the continued popularity of watching TV live, with more than half (57%) of tablet audiovisual content viewers watching live TV at least weekly via this device.

James Thickett, Ofcom's Director of Research, said: "Our research shows that increasingly families are gathering in the living room to watch TV just as they were in the 1950s – but now delivered on bigger, wider and more sophisticated sets. Unlike the 1950s family, however, they are also doing their own thing. They are tweeting about a TV show, surfing the net or watching different content altogether on a tablet.

"Just a few years ago, we would be talking about last night's TV at work or at school. Now, we're having those conversations live while watching TV – using social media, text and instant messaging."

Horoscopes

Horoscopes from Kimi
9th August – 15th August

Aries

You are great at sharing and team building and try to keep others in the loop. So why is this not being reciprocated you ask yourself! Don't beat yourself up about it, perhaps they just don't see things the way you do. There will be some irritations on the domestic front this week, so focus on those!

Taurus

You may be in for a bit of a shock this week! But it doesn't necessarily follow that the shock will be an unpleasant one. It simply means you will be greatly surprised by what you hear or see and it will throw you off kilter. An unplanned trip out will prove to be interesting an enlightening.

Gemini

Watch what you spend and what you sign and who you deal with this week. You can sometimes be a little too rash. Sounds a bit ominous? Not really, just telling you that to exercise a little caution is no bad thing. Make sure that you surround yourself with friends this week to keep your spirits buoyant.

Cancer

Hope you slowed down last week because there is lots to contend with this week. You may have started a project or begun to work with someone you feel unsure about. Just have a little faith it will turn out for the best. You may be opening the champagne later this week as good news is on its way.

Leo

You have been contemplating big changes for some time and it now seems as though you can do nothing other than implement them. Well you could if you want to be in the same position for the next ten years. Check careful and then get moving. There is a deal of difference between caution and procrastination you know!

Virgo

Your love life will certainly be taking up lots of time this week, whether you have a partner or not. All things romantic are well favoured. This is not so much about flirtation but more about deeper and more meaningful connections. There are things developing on the career front too which may bring about fundamental change to your work situation.

Libra

You are in demand this week. Your colleagues and/or peers let you know just how much they value your input. It is your people skills that are needed. Did you know they were that good? You orchestrate the group and you will find that there is some really creative stuff going on, bit off the wall but creative nonetheless.

Scorpio

There's a move in the not too distant future, could be a physical move, career move or even a realignment of your loyalties. Whatever it is, it will bring positive change to your life. You will however not be undertaking this change of direction alone, someone quite important will be acting as a conduit if not a catalyst for change!

Sagittarius

You are likely to be fired up this week as someone approaches you about a new venture that presses all the right buttons for you. It could be a charitable or ecological event or just something that is dear to your heart. Whatever it is, it will take up lots of your energy. But it won't feel like work!

Capricorn

Well now, are they or are they not committed? That is the million dollar question you keep asking yourself this week. For some reason you don't seem to be getting a straight answer. Is this person being deliberately surreptitious or are they just fooling themselves? Don't go it alone, ask the big guns to help sort this out.

Aquarius

Things are still moving forward positively and are gathering pace. There may be changes to your work pattern, job role or job itself. If the change is not what you signed up for or is what you wanted, give it time. This may be a blessing in disguise. On the home front there may be a new baby or in-law.

Pisces

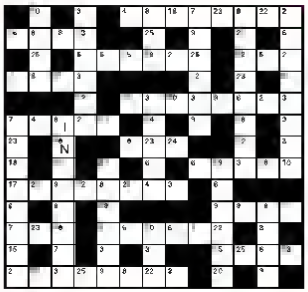
Change is about to happen and unfortunately it is going to happen whether you want it to or not. This may involve shifting relationships, locations or both. Well you cannot change the inevitable but you can learn to manage it. If you need support in order to do this there is a friend all too willing to help, just ask!

Brain Gym

No.130

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18 N
6	19
7	20
8 I	21
9	22
10	23
11	24
12	25
13	26

Last week's solution:

1 W	2 Z	3 X	4 V	5 F	6 K	7 P	8 Q	9 Y	10 R	11 T	12 D	13 H
14 G	15 M	16 N	17 L	18 O	19 B	20 E	21 C	22 A	23 U	24 J	25 S	26 I

Wordsquare

A	I	E
P	M	E
C	E	L

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate

15 words - average;
20 words - good;
25 words - very good;
30 or more - excellent.

Last week's solutions:

easy eyelet, gene gent genteel, gentreelly gentle, gently, glee gleen lent nelly teen teeny tell te ly yet

Double Crossword

Choose either quick or cryptic clues.

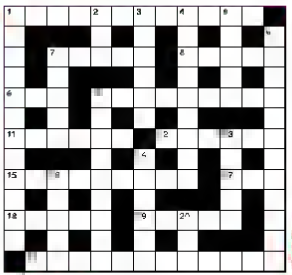
Cryptic Clues:

Across

1. Flawless defence, yet speedily broken (5,7)
7. Takes a girl out some fruit (5)
8. Post and pole perhaps (5)
9. One is confused for a long time (3)
10. Emphatically not at home! (3,3,3)
11. Small village made famous by Shakespeare (6)
12. Put into a grave position because of a wrong note to a doctor? (6)
15. It knows no customs (4,5)
17. I have a fifty-fifty arrangement? Well, not! (3)
18. Composer of large variations (5)
19. Verbal entertainer of the show (5)
21. Don't try to improvise in a perfectly good water supply? (3,4,5)

Down

1. He works at intervals (5,7)
2. When small I need it (3)
3. They're worth something as groups (6)
4. A sound quality (6)
5. Time to mouse (6)
6. Induced to become religious? (3,2,7)
7. Study I'm making of fabric (6)
10. Knock down and defeat (5)
13. Describes a branch of the peace movement (5)
14. A gunsmith adds it to his stock (6)
16. Unusual glee about a good golf score (5)
20. By way of a Roman road (3)



Quick Clues:

Across

1. Agitation (12)
7. Supple (6)
8. Eat way (6)
9. Arid (3)
10. Spin on tiptoe (6)
11. Fearful (6)
12. Specimen (6)
15. Depravity (4)
17. Age (3)
18. Conflict (5)
19. Hackneyed (5)
21. Break (12)

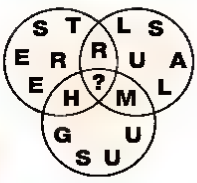
Down

1. Drawback (12)
2. On strike (3)
3. Verse (5)
4. Theorise (6)
5. Henhouse (5)
6. Loss of speed (12)
7. Stratum (5)
11. Prerogative (9)
13. Bit (5)
14. Inspection (6)
16. Rule (5)
20. Little devil (3)

Last week's solutions.
CRYPTIC- Across 4 Aplomb 9 Litter 11 Astride 10 Untold 11 Ranker 12 Hardware 19 Massacre 20 Rubber 21 Parrot; 22 Stamped! 23 Person 24 Redress Down 1 Sleuths, 2 Stature; 3 Yellow 5 Distress 6 Penang; 7 Sanction 13 Arameter 14 Actress 15 Setting 16 Rustle 17 Hammer 18 Seamen QUICK- Across 4 Attract; 8 Needed 9 Missile 10 request 11 Indeed 12 Shining 18 Optional 20 Propel 21 Sycam 22 radiate 23 Brogue 24 Depends Down 1 Undress 2 Pendown 3 Terror 5 Twilight 6 Results 7 Cellar 13 Isolated 14 En arge 15 Slender 18 Ornate 17 Sprite; 19 Impart

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is M. Hamburg Falmouth Columbo all ports

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.

			C	
		O		
R				
				D
	E			

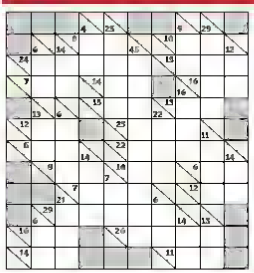
A

H	O	W	E	M
C	R	E	A	R
R	O	D	A	R
C	R	E	S	H
D	R	E	E	D

B

Last week's solutions
Grace-Regal Agora, Carat, Elate

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

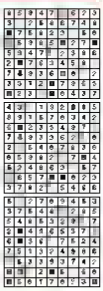
2			9		3		1	
	7		6					9
		9	8	4	5		2	
8		4				2		1
3			4		6			8
5		6		9				4
	4		7	3	9		8	
					4		9	3
9	5				1			6

Intermediate

	3	7					4	6
				3				5
4					8	9		
	5	6	8		4	2		
1					3			4
		9	6		5	7		
			3					1
8	9			6			2	
	1			4	7	5	9	

Difficult

	2	4			3			
3							6	
	7				2			3
		8	5					2
	3		1	8	7		5	
4						2	7	
9					6			8
		3						
					1		2	6



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Home & Garden

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Big is beautiful with new large planks from Moduleo

HAVING predicted a flooring trend for larger planks at the start of the year, luxury vinyl flooring manufacturer Moduleo has seen a surge of interest in this new trend. As such the company is proud to launch a new range of large planks in its hard-wearing Transform range.

David Bigland, MD of Moduleo UK and Eire comments: "Our new large planks create the illusion of greater space in any room whilst adding to the natural appearance of our LVT flooring. The size of these new planks means that we don't cut up the grain and are therefore able to showcase the authentic finish of our products."

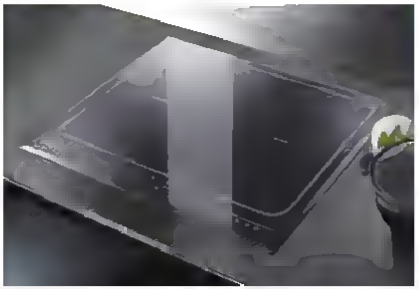
The large plank from Moduleo is now available in four of the company's most popular finishes: Verdon Oak, Classic Oak, Baltic Maple and Ethnic Wenge. The new plank will measure 1500 mm x 245 mm and is available in both Click and dryback installation.

David continues: "Our flooring is designed to remain as true to its natural counterpart as possible, but with none of the associated drawbacks. Our new large planks provide a striking finish and can create the illusion of more space in an enclosed area, as well as showcasing large open commercial areas."

Moduleo works with the patterns and textures found in nature combining them with state-of-the-art vinyl flooring technology to create a supremely engineered product.

David concludes: "I would urge anybody seeking to showcase the space in either a domestic or commercial environment to consider investing in the new larger planks from our Transform range. Boasting a minimum 20 year guarantee, this new collection offers a stunning and durable solution for any room."

Hoover makes the hob the heart of the kitchen



DOMESTIC appliance manufacturer Hoover has introduced a smart induction hob to the market which can heat up to 12 small pans on an innovative flexi-induction area.

The HESD 4 flexi hob has a futuristic touch-control design boasting a large, cooking area. This stylish hob can be controlled as two large flexible cooking zones, accommodating the likes of a fish kettle in one zone, while using standard size pans on the second; or alternatively four smaller zones, giving complete cooking flexibility.

Maurizio Severgnini, managing director of Hoover Candy's built-in division comments: "Our new induction hob creates a stunning centre-point for any kitchen. Unlike traditional induction hobs' you aren't restricted to cooking within a small set area, so consumers can cook with greater flexibility.

"The design allows pans to be placed anywhere in the two large cooking zones with no restrictions and because it's an induction hob it's extremely safe to use as only the contents of the pan are heated and not the pan itself."

The hob has 15 optional power levels and also offers peace of mind with heat indicator lights and a child safety lock.

Maurizio continued: "We are delighted to be offering consumers the chance to benefit from a hob which is safe, stylish and lets you cook how you want."

The new HESD 4 will be available from £699.

For more information, visit hoover.co.uk.

WOODS
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FIDDLER ON THE ROOF
MAYFLOWER THEATRE
12 SEPTEMBER 2013
£50 per person

This new production is directed and choreographed by Craig Revel Horwood and features – If I Were a Rich Man, Matchmaker Matchmaker, Sunrise Sunset, To Life and many more.

Starring Paul Michael Glaser as Tevye. Tevye, the local milkman in his village of Anatevka, has always stuck by his traditions but suddenly his head strong daughters decide that they want to marry for love rather than accept whatever Yente, the Matchmaker, comes up with.

Matinee performance with seats in the stalls.

There is a lunch option available for this excursion.

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WOODS
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CLARENCE HOUSE WITH LUNCH
26 AUGUST 2013
Adult & Senior Citizen £46 & Child £37

A two course lunch will be served at The Silvercross in Whitehall before our 1430hr tour of Clarence House. Clarence House has been the home of her late Majesty Queen, Elizabeth, The Queen Mother, a place where traditions of a grand London House were magnificently perpetuated long after they had run their course everywhere else. In 2003 Clarence house became the official residence of their Royal Highnesses The Prince of Wales, The Duchess of Cornwall and Prince Harry.

Please note there is a Clarence House only option available for this excursion

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£825,000

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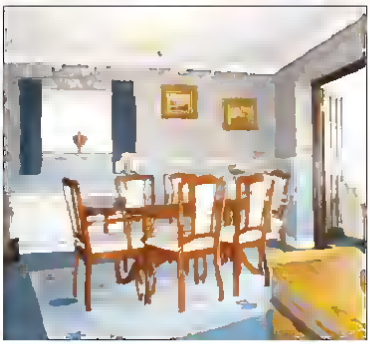

New £3 million fund to crack down on rogue landlords

NEW funding will help councils take on the rogue landlords who make tenants' lives a misery, Housing Minister Mark Prisk has announced.

Councils will be able to bid for share of up to £3 million to tackle irresponsible landlords in their area, who allow their tenants to live in unsafe and squalid conditions, putting lives at risk and disrupting local communities.

Cash boost to end exploitation

The minister said that the majority of tenants are happy with their home and the service they receive, but the actions of a few rogue landlords are having a major impact on tenants and their neighbours' lives.

These unscrupulous landlords exploit vulnerable people, with reports suggesting that some work with gangmasters to house illegal migrants. The poor quality, overcrowded and often dangerous accommodation they provide can result in:

noise problems
sanitation issues for whole streets
greater fire risk
council tax and benefit fraud
anti-social behaviour such as street drinking

So councils will now be able to bid for this additional funding to boost their capacity to investigate and tackle rogue landlords, ensuring they can make the most of their power to prosecute.

Mr Prisk said the cash on offer today would build on the government's ongoing success in tackling 'beds in sheds'. Backed by £2.6 million government funding, more than 500 illegally rented outbuildings and overcrowded homes have been discovered since 2011 and action is now being taken against the owners.

And to help councils match that success, the minister has expanded the role of the 'beds in sheds' taskforce to consider the best way to tackle rogue landlords. This cross-government team will support successful councils as they work to take these illegal operators to task.

Mark Prisk said: "The majority of tenants are happy with their home and the service they receive, but there are still a minority of rogue landlords who exploit vulnerable people and force their tenants to live in overcrowded and squalid conditions.

It's unacceptable that the lives of tenants and their neighbours are made a misery in the name of profit. That's why today I'm offering councils a share of £3 million to take on the rogue operators in their area.

They will also have the backing of a cross-government taskforce which will address the barriers councils face in tackling this issue, so together we can end the illegal exploitation of vulnerable tenants, and bring a better future to communities across the country."

Deposit calculator adds up to a great deal for homebuyers

RISING HOUSE prices and reports of growing consumer confidence may hint at a housing market recover, but if you're saving for a deposit how do you know what you will be able to afford to buy?

Redrow Homes has developed a quick and easy touch-screen 'deposit calculator' to help would-be homeowners work out just how much they can spend on a new home. It will even identify which style of property they could buy and where.

Claire Jarvis, sales director for Redrow Homes (Lancashire), explains: "Industry experts including the Royal Institution of Chartered Surveyors, Rightmove, the Halifax and Hometrack are all being optimistic about the housing market and its recovery, which in turn is helping to boost consumer confidence. Across the North West we've seen an increase in enquiries from would-be homeowners in recent months but while they want to buy they don't always know what they can afford.

"With that in mind we've developed our new 'deposit calculator', which we will be unveiling at the intu Trafford Centre. Using touch screen technology people will be able to see just how accessible buying a brand new Redrow home could be. All they need to do is suggest where they'd like to live and then use the slider to show the size of their deposit and see what they can potentially afford to buy."

Redrow's deposit calculator is different to other mortgage calculator apps that either work out how much a person can borrow or how long it would take them to save for a deposit, as it shows not only the value of the property they could consider but also pinpoints the homes available within that price range and area. There's even the chance to view floor plans to help would be homeowners choose the right style of property for their lifestyle.

"The deposit calculator works on the basis that people will need a 5% deposit, which is the minimum required by most lenders. For example, someone who has saved £9,800 could potentially buy a home valued at up to £196,000," Claire adds.

"They may also be able to take advantage of the Government backed Help to Buy scheme, which reduces the initial cost of a brand new home by up to 20% with the aid of an equity loan."

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01 SEPTEMBER 2013
Adult & Senior Citizen £28 & Child £22
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A two course lunch of starters and main (Roast of the day or fish & Chips) which will be served by your waitress just after 1200hrs. Last race is at 1358hrs (Please note: Dessert and drinks are not included)
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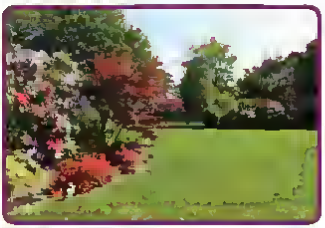
CRAIGWEIL PRIVATE ESTATE £895,000

An impressive detached residence situated on a large double plot believed to be in the region of one acre approx 400 yards from the beach G F H feaded light white glazing entrance hall refitted gr fl bathrm triple aspect lounge large dual aspect sun room bobbles room dining room sturdy gr fl bedrm with en suite shower rm, kit/breakfast rm utility area with laundry room garden room gallerlier landing 3/4 double bedrooms refitted shower room, double garage with workshop/storage rm, carport, large front garden with parking for several vehicles superb secluded rear garden amounting to almost 3/4 s of an acre with tennis court summer houses and garden shed EPC RATING. D



CRAIGWELL PRIVATE ESTATE £450,000

A detached cottage style house situated in a cul-de sac of the private estate just 300 yards from the private beach G F H u P V C d/glazing triple aspect lounge good sized dining room fitted kitchen with separate utility room cloakroom four bedrooms (one with walkin wardrobe/ storage area) bathroom garage and delightful mature gardens EPC rating is E

COLTS BAY £400,000

A detached bungalow situated in a cul-de-sac of the Colts Bay private estate approx two hundred yards from local shops & five hundred yards from the beach G F H u P V C double glazing e fitted kitchen/breakfast room a lounge a dining room e master bedroom with en suite bathroom a second bedroom a second bathroom e detached double garage and a South West facing rear garden EPC RATING D

ALDWICK £395,000

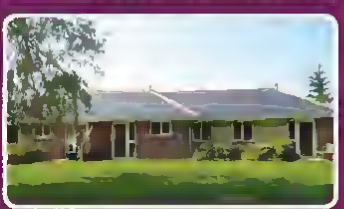
An extended four bedroom detached house approx 300 yards from the beach G F H d/glazing dual aspect living room sep dining room good sized kit/breakfast room cloakroom master bedroom with en suite shower room three further bedrooms bathroom Partially integral double garage and gardens to three sides EPC Rating D

ROSE GREEN £315,000

An attached house situated in a residential development within 400 yards of Rose Green schools shops and doctors are located a little further to the East. G.F.H. u.P.V.C. d/glazing cloakroom, lounge kitchen/dining room delightful conservatory master bedroom with en suite shower room three further bedrooms, bathroom detached single garage and an easily maintained South West facing garden EPC RATING C

ALDWICK BAY ESTATE £272,500

A very well presented first floor apartment situated in a small development approx 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g l.h. u.P.V.C. dble glazing dual aspect living rm with windows to South and West, attractive kit/breakfast rm two bedrms fully tiled shower rm garage in nearby compound and use of landscaped communal gardens EPC RATING C



ALDWICK £130,000

A one bedroom close care apartment in the grounds of the Royal Ray care and nursing home purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home The property has been recently refurbished with new carpets replacement shower room refurbishing kitchen and an internal redecoration Gas c.h. double glazing living room and a communal laundry room EPC rating is C

Motors

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Over three quarters of drivers at risk due to poor car maintenance

EIGHTY FOUR per cent of motorists are putting themselves at risk on the road by not checking the basic components of their cars regularly, according to Trust My Garage.

The countrywide independent garage scheme polled 100 male and 100 female drivers in the UK to see what regular maintenance checks they carry out on their vehicles and concluded that a quarter of drivers are leaving it as late as six months before they open the bonnet.

The survey asked how often motorists check their oil levels, engine coolant, tyre tread depth and tyre pressure and concluded that men are inching ahead when it comes to checking these at the recommended times, but too many motorists are leaving basic checks too late.

It is recommended that engine coolant should be checked once a week, and it can be particularly dangerous if left at a low level during periods of hot weather. Failure to keep engine coolant levels topped up can result in leaks and overheating of a vehicle, which is exacerbated in warmer weather. This can lead to costly damage like a blown head gasket. Twelve per cent of men check their engine coolant levels once a week compared to just five per cent of female drivers, but a staggering 53% of drivers never check their engine coolant.

The survey also places men above women when it comes to carrying out checks on their tyres with 17% of male drivers stating that they check their tyre tread depth once a month, as recommended, compared with just five per cent of female drivers. The survey also found that men are four times more likely to check their tyre pressure regularly than women. Tyre tread depth and pressure should be checked at least once a month to minimise the risk of a blow out or puncture.

Motorists are also leaving it too late to check their oil levels, with 90% of respondents stating that they wait until later than the recommended time frame of one week. If oil levels do go down below the 'low' mark, drivers could be faced with a damaged engine and potentially a costly repair. Twelve per cent of men check their oil levels every week compared to just five per cent of women.

Terry Gibson at Trust My Garage said: "This survey highlights that not enough attention is being paid to some the checks that motorists can carry out themselves. Even modern cars need to have regular fluid checks to stay safe."

Best-specced MINI Cooper gears up for BCA sale

BCA is offering a very special MINI Cooper at the Blackbushe auction centre on Wednesday 15 August direct from GE Capital.

The ex-management MINI Cooper S 1.6 John Cooper Works with Chili Media Pack is fitted with nearly every optional extra available to the MINI range and originally cost over £30,000 on the road. The 2011 registered car has covered just 24,000 miles from new and is offered with a full service history. Boasting a 225 BHP tuned engine with sports suspension, it is fitted with the John Cooper body kit finished in Carbon Black with Chili Red roof and mirror caps, John Cooper bonnet stripes, Bi-Xenon headlights, plenty of chrome detailing and sits on black alloy wheels.

The interior is also finished in Carbon Black with Chili red accents, with auto air conditioning with cooled glovebox, the Vision pack, Harman Kardon hi-fi system, DAB Radio, Voice Control, MINI Connected Pack, Bluetooth with USB audio interface, Navigation System, Comfort access system, heated Recaro seats, heated front windscreen with tinted rear windows, Vodaphone car kit and numerous interior trim upgrades.

Safety and driving aids include ABS/EBD, Cornering brake control, Dynamic Stability Control, Dynamic traction control, speed sensitive power steering, hill start assist, rear park distance control, all around airbags and crash sensor.

BCA National Account Manager Phil Kelly commented: "This is arguably one of the best specified MINI Coopers on the road and is sure to create a lot of interest amongst MINI enthusiasts when it is offered for sale at BCA Blackbushe."

Mark Green, Remarketing Leader, UK GE Capital added: "This is a one-of-a kind car that boasts performance, handling and every extra you could possibly want as well as that indefinable MINI magic. This really is the car to nudge your MINI passion up a gear."

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Celebrating 50 years of the Porsche 911 at Goodwood

LAST SUNDAY (4 August), 53 Porsche Centre Mid-Sussex customers met at Goodwood to celebrate a very special anniversary for the Porsche 911 – 50 years since the first car was produced.

The day started at the Old Control Tower at Goodwood circuit where a significant cross section of 911s representing the evolution of this iconic car, including a pristine car from 1975 through to the latest 911 (Type 991), met up. After an exquisite lunch for customers and their guests at the circuit, all 911 cars drove up to Goodwood House and by kind permission of Lord March, parked in front of the house for a photo call.

A highlight for most was a convoy back to the motor circuit where the group then split into two to complete two parade laps of the Goodwood circuit. Fortunately the day was blessed with perfect weather from start to finish.

Andy Crabb, General Manager of Porsche Centre Mid-Sussex, said: "On behalf of the team at Porsche Centre Mid-Sussex and our customers, we want to thank Lord March, Alan Brewer and their Goodwood team for laying on such a well organised event. It was the perfect way to celebrate such a special anniversary of this iconic car in such a famous and historic setting. The feedback from all our customers has been amazing and each felt it was a very special day to remember."

Sport

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Straight from the commentary box

Let's talk football. That's Football League.

Johnny Cantor

DON T GET me wrong, I like the Premier League. Good football, quality players and some superb goals. However, as we drove home from Elland Road nursing a late defeat for the Albion at Leeds, we turned to the old transistor radio. We'd done our talking and now wanted more news from elsewhere on the opening day of the football league season. What would the national phone-in provide for us? Yeovil's famous first ever game (and win) as a Championship club? Orient's explosive start to the season? Or Newport County's return to the League after 25 year absence? No. It's Gareth Bale. Another caller, about Gareth Bale.

Ok it's a phone in, so it's about who rings up but the programme can plug for what they want. It just wrangled that thousands of supporters were heading home from games and couldn't hear about their club. The station did progress onto other stories in the football league but the early topics certainly added to the gloom in the car.

This brings me onto Bale, or Suarez or Rooney. The headlines have all been about prospective moves away to a new club and big money from potential suitors. There's more to the debate such as playing champions league football, family circumstances, relationships with coaches and managers but undeniably money is a factor.

The role of agents seems to polarise opinion but if they are paid by percentage it must surely be in their interest to fuel interest in a player and on occasion manufacture a move that may not really be necessary or wanted. Could there be another way? One caller (yes to a phone in!) suggested a fixed fee system to temper the frenzy of potentially unnecessary moves. It might not be feasible but I just wish we could spend more time talking about the cut and thrust of the game of football rather than if and why a potential big money move across Europe might happen.

While talking about the cut and thrust of football, all the best to Byron Anthony who sadly broke his leg in 2 places on Tuesday night against Albion.

Follow Albion home and away on BBC Sussex Sport

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Opening Times
Please note: Last entry is 30 minutes before closing
Monday to Friday 7.00am - 9.00pm
Saturday 8.00am - 8.00pm
Sunday 9.00am - 5.00pm

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Sailing

Itchenor Sailing Club Juniors Triumph at Mirror Worlds 2013

ITCHENOR SAILING CLUB Juniors swept the leader board at last week's Mirror Worlds 2013, which took place at Lough Derg, Ireland

Katie Davies with Gemma Keers was 1st Junior, and also 3rd in the overall Worlds, and sister Izzy was 2nd with Millie Moss in the front, and 4th overall. Meanwhile Jo Kalderon and Immie Bellfield from Itchenor were 7th overall, just missing out on 3rd in the Juniors.

Out of an entry of 91, Clare Peterson was 18th, and other Itchenor boats came in 27th, 44th, 49th, 71st and 75th

Around 200 competitors and nearly 100 boats from seven nations, including entrants from Australia, South Africa, Canada, Philippines, Sweden, Ireland and the UK took part in the event, which marked the 50th anniversary of the dinghy class.

The results are a fantastic endorsement of the Mirror fleet at Itchenor Sailing Club, and of all the hard work put into the club's training and racing programme

The Mirror was designed by Jack Holt and

Barry Bucknell in 1962. With its distinctive red sail, the Mirror is one of the most successful dinghy classes ever designed and more than 70,000 have been sold across the globe. Many of Britain's top sailors have learnt to sail in a Mirror

Cricket

City in the mix

LEAGUE ROUND-UP FOR 3 AUGUST
Premier Division
CHICHESTER suffered a 55 run loss at home against Hastings, a defeat which leaves Chichester firmly in the relegation mix.

Hastings were put in at Chichester and reached 237for 8 declared with 40 from David Lowery and 56 from skipper George Campbell as Ashton Turner, back from his stint with the touring Australians, took 3 for 70. In reply Chichester were bowled out for 182 of which Ben Caldera made 51 and teenager George Stephens 60, for Hastings Adam Barton took 3 for 24 and David Lowery 3 for 22.

Division Two

Findon remain on the fringe of the promotion race following a nine wicket victory at Middleton who they bowled out for 162 of which Will Burrows made 52 as James Iago took 5 for 42. Bradley Bridson then hit 69 not out and Jack Metters 93 to take Findon home at 163 for 1.

Division 3 Round Up
WEST

Billingshurst are looking good for promotion from Division 3 West after moving 54 points clear following their 12th win of the season. Another fine all round effort from Dhanuska Mitipolaarachi with 100 and 4-33 ensured that Billingshurst's 205 was 26 too many for Crawley Eagles. Ben Williams also took 4-73 for Billingshurst

Strlands lost ground after a surprise defeat at Slinfold. Slinfold posted 228-7after being asked to bat with Sikho Camagu making 91 and Tim Coghill 60. Struan Cameron taking 4-53 for Strlands. Three wickets apiece for Harrison Webb and Guy Thorne left Strlands short on 185.

Wisborough Green won at Arundel after posting a mammoth 309-4 inside 43 overs. Alex Edwards 101 and Tim Dodd 116 shared a 1st wicket partnership of 220. James Newman added a further 56 not out while Matthew Reynolds took 4-78. Raj Maru bagged 4-24 as Arundel were all out for just 153

Bognor Regis made 288-7 to score maximum points in their local derby with Pagham who were all out for just 105.

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